FAVORITE RECIPES
OF
MOTHER GOOSE CLUB
BIRMINGHAM, ALA.

Price 50 cents

FAVORITE RECIPES
OF
MOTHER GOOSE CLUB
BIRMINGHAM, ALA.

1925
DISPATCH PRINTING AND STATIONERY CO.
Birmingham, Alabama

Club Colors--Pink and Blue

Flowers--Forget-Me-Nots and Rosebuds

Organized 1910 **Federated 1921**

Inasmuch as you have done it unto the least of these, you have done it unto me.—MOTTO.

About sixteen years ago a little group of women residing on North Eleventh Street formed themselves into a Club. In the beginning its purpose was purely social, however, these splendid women were desirous of doing some good work for humanity and being mothers decided to work for the babies of Birmingham. A Constitution was drawn which states that the Club should be named **"The Mother Goose Club"** and its object should be charitable, literary and social.

The charity consists in the making and giving of layettes to needy prospective mothers and so a complete set of infants clothes is always kept ready to give free to any baby born in Birmingham without other means of provision.

The Club membership is active and associate, the active being limited to twenty.

The money spent for the materials for the garments is earned by the club in various ways and with an occasional donation from some of its numerous good friends, the club goes about its work in a quiet unostentatious way providing warm comfortable clothes for the baby and brightening the life of some poor little mother entirely unable to help herself.

The mother is visited by representatives of the club and the clothing given in person where possible. To avoid duplication all work is checked through the Community Chest Exchange.

PLEASE READ THIS

Mother Goose Club members and subscribers are especially requested to read the advertisements included in this book and to patronize our advertisers. There are many splendid offerings in the various lines represented, affording benefits to our readers.

INDEX

———:o:———

Page

Soups 9
Poultry and Game........ 15
Meats 21
Meat and Fish Sauces........ 31
Sea Foods 37
Eggs and Omelettes........ 43
Salads 49
Salad Dressings 59
Savories 65
Entrees 71
Fritters 75
Bread 81
Vegetables 91
Pastry 99
Fillings 109
Cakes 115
Ices and Sherbets........ 125
Desserts 131
Puddings 137
Sauces and Puddings........ 145
Invalid Cookery 149
Drinks 155
Candy 159
Relishes 167
Household Hints 175
Helps to Mothers........ 181
Hints to Mothers........ 187

TRADE MARK REG.
WOCO PEP
KING OF MOTOR FUEL

MORE MILES LESS CARBON

DOES WHAT GASOLINE CAN'T DO!

KLEEN-LITE OIL

—IS—

BEST FOR LAMPS, OIL STOVES, INCUBATORS

ASK YOUR GROCER FOR IT.

HIGHLAND CREAMERY AND DELICATESSEN
C. L. CADDELL
DAIRY PRODUCTS, ICE CREAM, ONE DAY OLD EGGS
GLEN IRIS PASTUERIZED MILK
"Safe For Babies"
2230 Magnolia Avenue, Hemlock 3136
Store No. 1—1405 South Fifteenth Street—Main 436
Store No. 2—1932 Eleventh Avenue, S., Five Points—Hemlock 3136

TRAYLOR OPTICAL CO.
Incorporated
Optometrist and
Mfg. Opticians
F. F. Poslell R. L. Thompson
Optometrists
104 No. 20th Street
Birmingham

WHEELER
Business College
BIRMINGHAM, ALA.
"WHEELER STUDENTS
GET THE BEST POSITIONS"
Call or Write For Free Catalogue

BOOSTING ALABAMA

> "Alabama is the Pennsylvania of the South,
> Alabama is richest in natural resources and is
> destined to become the greatest industrial state."
>
> —Roger W. Babson.

In our efforts to tell the outside world about Alabama's marvelous natural resources, we earnestly invite the cooperation of every loyal Alabamian.—Our state belongs at the top in industrial development.

We can, by concerted effort, put it there.

ALABAMA POWER COMPANY

CAINS

DRY CLEANING CO., Inc.

416 North 19th Street

MAIN 5860

FAIR'S

MEATS AND GROCERIES

3017 12th Avenue No., Main 2041

1201 16th Avenue, So., Main 230

SOUPS

WHITE SOUP

Four potatoes, parsley, one qt. milk, butter, salt, pepper.

Boil and mash four potatoes very fine. Boil milk and add the potatoes. Season with salt, pepper, butter and chopped parsley. Let all come to a boil and serve.

—Mrs. W. E. Bare

——:o:——

CREAMED POTATO SOUP

Two Irish potatoes, one-half teaspoon salt, butter (size of walnut), pinch pepper, one-half pt. sweet milk.

Dice two medium sized Irish potatoes (raw) and cover with water. Cook until thoroughly done—add salt, butter, pepper and milk. Heat, but do not boil. A very small piece of onion may be added with potatoes if desired.

—Hazel C. Piersol

——:o:——

SOUP—CONSOMME' JELLIED

One glass of consomme heated (Campbells), one glass of boiling water, one box of lemon jello.

Dissolve the jello in the hot water as usual, add the soup and stir until thoroughly mixed.

Pour into small moulds and put in the ice box to set. When ready to serve it may be turned out on a small dish and a slice of lemon placed on the top. Serve very cold and with salted crackers. Especially nice in hot weather

—Mrs. H. J. Mead.

——:o:——

CELERY SOUP

One small bunch of celery or large outside pieces of a good bunch, one qt. milk, one tablespoon of butter, one tablespoon flour, one teaspoon of salt, one-quarter teaspoon of pepper.

Wash and scrape off the brown places on the celery, then cut into small cubes, cover well with water and stew till very soft, adding the teaspoon of salt. Make a thin paste of the flour for thickening. Pour the milk into the stewed celery and when this comes to a boil add the thickening, butter and pepper. Very nice served with small squares of brown toast.

—Mrs. H. J. Mead

SOUPS (Continued)

OKRA GUMBO SOUP

Two large onions, butter, three large tomatoes, one qt. water, bony pieces of young chicken, one-half doz. pods of okra sliced thin, salt to taste.

Slice and fry two large onions in butter, add three large tomatoes, cook until soft, add one qt. of water and put in bony pieces of young chicken such as the neck, feet, back and wings and set where it will cook slowly. In a short time add thinly sliced pods of okra about one-half dozen, salt to taste, cook all until tender, add more water if too thick.

—Mrs. C. A. Riley

———:o:———

GUMBO

One lb. of beef, one lb. of veal, three dozen okra pods, one onion, one pepper.

Cut meat into bits, add okra, onion and pepper. Cook until tender with sufficient water to make the desired thickness.

—Mrs. W. F. Cahoon

———:o:———

CHESTNUT CREAM SOUP

If you have broth from boiled chicken, turkey or veal, take a quart of chestnuts, steam them and skin, then boil them in the broth till tender, press and pour all through a sieve, add a little cream, season and set back on stove to reheat. Add a little flour and melted butter, mixed if soup isn't thick enough, season with salt and pepper and serve hot, with croutons or crackers. —Mrs. C. E. Bowron

———:o:———

PEA SOUP

Peas, one teaspoon flour, one cup milk, salt, pepper and butter.

Use only fresh, green peas—hull, then wash hulls and boil in plenty of water for fifteen or twenty minutes, strain, add peas and simmer till peas are soft—make thickening of one teaspoonful flour and cup of milk, add salt and pepper and good sized piece of butter—serve hot.

—Elizabeth Arbaugh

———:o:———

POTATO SOUP

Six medium sized potatoes and water enough to boil them in, one pint hot water, one pint milk, butter size of an egg, parsley, cut fine, salt and pepper to taste.

Boil potatoes until done—drain and mash—add water and milk, butter, parsley and seasoning. Let boil up and serve.

—Helen Going

SOUPS (Continued)

CORN SOUP

Eight or ten ears corn, one qt. cream or rich milk, two tablespoons butter and flour rubbed together.

Split the grains of eight or ten ears of corn and scrape. Boil the cobs in enough water to cover them for fifteen minutes. Use one qt. of this water and add to it slowly one qt. cream then the corn. Season and cook fifteen minutes. Rich milk can be used instead of cream, thickened with two tablespoonsful butter and flour rubbed together. Serve at once.

—Mrs. McKenzie

———:o:———

RICE SOUP

One cup bread crumbs, one-quarter lb. of butter, salt, pepper, three qts. boiling water, one-half pt. rice, one hd. celery chopped, one cup cream or rich milk.

Put a coffee cup of bread crumbs in a skillet with one-fourth of a lb. of butter and fry them as brown as possible without burning them; then put the butter and crumbs into the soup kettle in which are three quarts of boiling water; put in half pint of rice with one head of chopped celery and season with salt and pepper. Cook until rice is tender, then add a cup of cream or rich milk when it is ready to serve. This is nice. The children like it very much.

—Mrs. J. W. Johnston

———:o:———

VEGETABLE SOUP

One potato, one onion, one turnip, one carrot, one parsnip, two tablespoons butter, two tablespoons rice, one qt. water.

Cut in slices potato, onion, turnip, carrot, parsnip and fry in 2 tablespoons of butter. Boil two tablespoons of rice in one quart of water fifteen minutes. Mix all together and boil thirty minutes. Season to taste.

—Mrs. J. W. Johnston

———:o:———

ALMOND BISQUE

Two pts. milk, one-half pt. blanched almonds, (browned and ground fine), one heaping tablespoon of flour, one tablespoon butter. Cook butter, flour and milk until thick, add almonds while fresh and warm, salt to taste. Serve with whipped cream on top of each cup.

—Mrs. C. E. Bowron

———:o:———

WHITE SOUP

Four potatoes to one quart of milk. Boil the milk, then put in the potatoes. After boiling and mashing them very fine, season with salt and pepper and add parsley and butter. After putting in the potatoes, let the soup come to a boil.

—Mrs. W. E. Bare

POULTRY AND GAME

ROAST CHICKEN

Select a chicken with firm flesh, yellow skin and legs. Dress, clean, stuff and tie wings and legs close to body of chicken. Place on its back on a rack in a dripping pan (or on thin slices of salt pork fat or chicken fat in a pan a trifle larger than the chicken). Rub the entire surface with salt and spread legs and breast with 3 tablespoons melted chicken fat or other fat and 3 tablespoons flour. Place in a hot oven and when flour is well browned reduce heat and baste every 10 minutes, if not roasted in a self-basting pan. For basting, take 4 tablespoons of the fat in the pan and mix with one cup boiling water.

———:o:———

FRIED CHICKEN

Dip the pieces in sweet milk then roll in flour and fry in hot fat. Salt just before removing from fire. —Mrs. McKenzie

———:o:———

FRICASSEE OF CHICKEN

Cut every joint separate, the back in two pieces and breast in three or more. Stew only in water enough to cover until the meat is tender; there should be about a teacup of water in the pot; mix a heaping teaspoon of flour with a cup of milk, add, and let boil up; season with salt and pepper and take up on a platter. —Mrs. J. W. Johnston

———:o:———

FRIED CHICKEN

Disjoint a 2 to 3 lb. chicken, sprinkle well with salt and roll each piece separately in flour. Have a skillet very hot with three-fourths lard, one-fourth butter, enough to come up well around each piece; fry slowly and turn when brown. Do not crowd. —Mrs. Cahoon

POULTRY AND GAME (Continued)

ROAST TURKEY

Rub well with salt inside and out the night before cooking. Fill with dressing; then rub butter and flour into a smooth paste and spread all over the fowl; put in the oven either in a roaster or a pan over the top; it will not need basting. —Mrs. J. W. Johnston

:o:

PASTRY FOR CHICKEN PIE

For one chicken in a two quart bake dish use one pint flour with one teaspoon baking powder, one tablespoon lard and a little salt. Place chicken in dish between strips of this pastry with gravy and cover over top with pastry; bake 30 minutes or long enough to cook crust nicely.

Mrs. Catherine Baldwin, Toledo, Ohio
—Mrs. Piersol

:o:

SMOTHERED CHICKEN

Dress and disjoint a hen. Salt. Roll each piece in flour; place in roaster, pepper, add cup of water and bake slowly till tender. Allow to become almost dry, then add spoonful butter and cup of sweet milk. Let simmer till done.

—Hazel Piersol

:o:

BROILED CHICKEN

Choose young chickens. Split down back, sprinkle with pepper and salt. Dredge with flour. Put a piece of breakfast bacon under each wing. Put a piece of butter in broiler or pan, and lay chicken on it. Broil it inside of oven. Turn several times that all parts may be brown. Serve on toast, garnish with mushrooms and parsley. Saute mushrooms in butter.

—Mrs. C. E. Bowron

:o:

PIGEONS

Take a squab about four weeks old. Dress as you do poultry, bake or smother in a baking pan about thirty minutes; this is very easily digested and good for invalids. —Mrs. W. F. Cahoon

POULTRY AND GAME (Continued)

CHICKEN a la KING

One small chicken, three hard boiled eggs, one green pepper, one-half can pimentoes.

Boil chicken until tender, cut into cubes, make cream sauce of one pint milk, one tablespoon flour, two tablespoons butter, one tablespoon flour, one teaspoon salt and a little black pepper. The butter should be put into a sauce pan, the flour added until a delicate brown, then the milk, salt and pepper. Cook until beginning to thicken, then add the chicken, pepper, pimentoes and eggs which have been sliced and allow all to cook slowly, stirring frequently, for about twenty-five minutes or until the green peppers and pimentoes are tender. —Mrs. H. E. Hall

———:o:———

DUCK en CASSEROLE

One 5 lb. duck, one cupful mushroom caps, one-half can peas, one-half teaspoon onion juice, one teaspoonful dry powdered mint, one quart well seasoned soup stock, flour.

Clean, singe and dissect the duck, roll each piece thoroughly in flour, and brown quickly in beef drippings. Pack into a large casserole in layers alternating with the mushrooms and peas mixed and cover with the soup stock containing the onion juice and mint. Bake slowly for 3 hours in a moderate oven, season to taste with salt and pepper. —Mrs. C. E. Bowron

———:o:———

BROILED QUAIL

Dress quail, split down back. Place the quail in hot pan, oiled with a little fat, put flat tin over quail and press down with weight. When the quail begins to brown, put a lump of butter on each quail, turn often. When birds are nicely browned, add a cup of hot water and cook slowly until tender, season well with salt and pepper. —Mrs. C. E. Bowron

———:o:———

POTTED PIGEONS

Four pigeons, one and one-half pints of water or stock, one stalk of celery, one slice fat salt pork, two level tablespoons butter, two level tablespoons flour, salt and pepper. Clean and truss the birds as for roasting. Cut the pork in dice, fry out the fat, brown the birds in it. Put them in a casserole or baking dish. Add the celery, seasoning and stock; cover closely and cook about two hours. Remove the pigeons to the serving dish and thicken the gravy with butter and flour rubbed smoothly together. Pour the gravy over the birds, first having removed the celery.

—Mrs. J. W. Johnston

POULTRY AND GAME (Continued)

ROAST TURKEY

Select fat, medium sized turkey. Put in roasting pan and cook until done. Then stuff the turkey with a dressing made of equal parts of (bread or biscuits) and rich egg bread moistened with the stock from the turkey. Season dressing with butter, pepper and salt to taste, add two tablespoons chopped celery. After turkey is well stuffed, put in roasting pan and bake until tender, basting often with the gravy, use the giblets (cooked in vessel on top of stove) with the dressing, or chop fine and add to gravy, serve with tiny browned sausages and cranberry sauce. —Mrs. C. E. Bowron

——:o:——

——:o:——

SMOTHERED YOUNG CHICKEN

Select a small fry, dress and split open on back, lay in pan, spread well with bread crumbs, salt and pepper, and put good sized lumps of butter over all. Put a little water in pan, cover closely and bake until tender—delicious.
Elizabeth Arbough

——:o:——

PASTRY FOR CHICKEN PIE

For one chicken in a two quart dish use one pint flour with one teaspoon baking powder, one tablespoon lard and a little salt. Place chicken in dish between strips of this pastry, cover with gravy and cover over top with pastry, bake 30 minutes or long enough to cook crust nicely.
—Mrs. Piersol (Mrs. Catherine Baldwin, Toledo, Ohio.)

——:o:——

STUFFING FOR A GOOSE

For a medium sized goose, cut up a pound of onions, add a teaspoonful of pulverized sage, a teaspoon of salt, the same of brown sugar and pepper. Set this on the stove, stew slowly fifteen minutes, stir often; stuff the bird while the onions are hot. Mrs. W. E. Bare

MEATS

MEAT LOAF

One and one-half pounds steak, (ground), one-half pound pork, (ground), one onion, one can tomato soup, salt and pepper to taste, eight crackers.

Mix all together and bake slowly one hour. —Mrs. Pill

———:o:———

BEEF ROLLS

One and one-half pounds beefsteak, bacon (chopped or cut into small pieces), salt, pepper, onion.

The beef should be cut rather thin (about three-quarter inch thick). Use a wooden potato masher or any kind you have and beat the steak until rather flat. Cut the steak into pieces about the size of a man's fist, filling with the bacon, a tiny bit of onion, salt and pepper. Fasten the rolls (the rolls should be formed just as you would for jelly roll) with toothpicks. Potroast or brown the little rolls in a little drippings or fat and finish cooking in fireless or oven (the fireless makes the rolls very tender). If oven is used, slow heat only to avoid the rolls being cooked too quickly, as the meat will not be as tender. Just before putting in the fireless or oven, add a little water to the meat. —Mrs. H. E. Hall

———:o:———

BEEF LOAF

To one lb. of side meat add two lbs. beef. Grind through chopper. Mix into this meat salt and pepper to taste, a bit of onion, one-half teaspoon kitchen boquet, one egg, one cup bread crumbs. Put into desired shape and bake in medium oven one and one-half hours. —Hazel C. Piersol

———:o:———

PORK CHOPS WITH DRESSING

Place nice, lean, pork chops in baking pan, make a savory dressing, like for turkey or chicken, put a spoonful on each chop, add a little water and let bake for one to one and one-half hrs. basting often, season well and serve with gravy, made from juice of meat. —Mrs. C. E. Bowron

MEATS (Continued)

HAM WITH POTATOES

One lb. ham, two teaspoons sugar, one small spoonful of dry mustard, six potatoes, one cup milk, salt and pepper.

Trim and soak the ham two hours. Mix sugar and mustard and rub into sides of ham. Lay ham in baking dish, cut potatoes as for scallop potatoes and pour over one cup of milk or water. Season with salt and pepper and bake one hour. —Mrs. J. R. Pill

——:o:——

MEAT CAKES WITH SHARP BROWN SAUCE

One lb. of round steak, one small dry onion, salt and pepper to taste.

Cut off all good meat and run through a meat chopper. Peel the onions, cut in small pieces and put through the chopper. Mix all together thoroughly and make into cakes with your hands pressing tightly together. Put about four tablespoons of bacon grease or other fat into the frying pan, and heat. Dip your cakes in sifted flour and lay into the pan gently. Turn frequently and carefully until well browned. Lift from the pan onto a platter. Sift one tablespoon of flour into the pan and let brown, add three-fourths cup of water, three tablespoons of vinegar, one tablespoon tomato catsup and a little more salt and pepper. Cook and stir until thick like cream. Pour over the cakes or serve in a separate dish. —Mrs. H. J. Mead

——:o:——

ROAST LAMB

Take one leg of lamb, cut gashes in it and lard with bacon. Season well with any desired seasoning. Roast slowly for two hours, serve with tomato sauce. —Mrs. W. F. Cahoon

——:o:——

MEAT LOAF

Three pounds of ground lean beef, one-half pound fresh pork, one egg, six crackers, two teaspoons milk, one-half teaspoon salt, and pepper to taste. Put all in a baking dish and bake one hour. Nuts can be added.

—Mrs. J.W. Johnston

MEATS (Continued)

STEAMED PORK CHOPS

Dip the chops in egg and roll in cracker crumbs; brown on both sides in frying pan, put in a pan and place in steamer. Steam one and one-half hours. —Mrs. J. W. Johnston

———:o:———

SPANISH STEAK

Two lbs. of best round steak, roll in flour and fry brown on both sides, add two large onions sliced, one 2 lb. can of tomatoes, two bell peppers sliced, cover and cook slowly for three-quarter hour.

—Mrs. C. A. Riley

———:o:———

VEAL LOAF

Three lbs. finely ground fresh veal, one-quarter lb. salt pork, ground, one-half cup bread crumbs, one egg, one-half teaspoon celery seed, three tablespoons of tomato catsup. Mix well and form into loaf. Put in baking pan with one pint of boiling water. Cook one hour or more till well done; add more water if necessary. —Mrs. C. A. Riley

———:o:———

MEAT LOAF

Two lb. ground beef, one-half lb. ground pork, two eggs, one-half cup bread crumbs, one-half cup tomatoes, one small onion, pepper and salt. Mix all together—work into solid loaf, place in pan, spread over with lard, put very little water in pan; bake one and one-half hours, basting often.

—Elizabeth Arbaugh

———:o:———

SWISS STEAK

Small round beefsteak, one and one-half inches or two inches thick, beat in one cup flour, fry brown quickly in plenty fat, pour one-half bottle catsup over steak, season with salt and pepper, cover closely and bake one and one-half hours in oven. (Mrs. E. E. Owens) —Mrs. J. E. Westbrook

MEATS (Continued)

HAM AND SCALLOPED POTATO DELIGHT

Slice of ham one and one-half lbs., six medium potatoes, one-fourth cup grated cheese, one-fourth cup milk, two tablespoons butter, salt and pepper, two tablespoons flour.

Peel and slice thin potatoes, place in casserole with alternate layers of flour, cheese and salt and pepper and butter. When all potatoes are in pour milk over it and lay ham on top. Bake in a moderate oven until ham is tender.
—Helen Going

:o:

BAKED HAM

Select a slice of ham about an inch or a little thicker from the center cut of the ham. Wash and make a paste of about a tablespoon of Colman's mustard (dry) and about two tablespoons of flour, adding enough water to make a thick paste. Put the paste on top of the slice of ham and on top of the paste put a thick layer of brown sugar, adding about a half a cup of strong vinegar. Put the ham in the oven and bake slowly until a rich golden brown.
—Mrs.H. E. Hall

:o:

POOR MAN'S HASH

Take about eight slices of breakfast bacon cut into small bits and fry —Dice a half dozen medium sized potatoes and one onion, pour into pan with bacon, cover well with water, season with salt and pepper, let cook slowly until thick like gravy, just before serving add a piece of butter the size of a walnut.
—Mrs. E. D. Hines

:o:

CORNISH PASTRY

One lb. steak, two small onions, four potatoes, salt and pepper. Make a good paste as for meat pie. Take enough paste to roll out as for a small turn over pie. Have potatoes, meat and onion cut up as for hash and lay on one-half of paste, fold over and flute edges together. Prick tops with fork, bake forty minutes in not too hot oven. This will make four pastries. If the meat hasn't any fat with it put in a little butter in each. These are good hot or cold.
—Mrs. J. R. Pill

MEATS (Continued)

A SAVORY DISH OF STEAK

Get ready two large, thick beef steaks; place one in a dish, and cover with alternate layers of lard and bread crumbs, sprinkling each layer thickly with pepper sage or onion and salt; then put on the other steak, covering well with bread crumbs secure the whole by wrapping a thread around. Slip it carefully into a baking pan, add one pint of water, and bake slowly until done. Use the same dressing with a single round-steak, only roll, and bind it with a thread. Mrs. W. E. Bare

———:o:———

BEEF POT ROAST

Three lbs. beef round, piece of suet, or two spoons butter, one nice carrot, one onion, one-fourth cup celery chopped, one-half cup tomatoes, two whole cloves and one small bay leaf.

Fry out suet, then brown the whole surface of meat in the fat, place meat in pot, (if you have an iron pot with lid, brown meat in it also, if not you can brown meat in skillet first), surround with vegetable, add two cups boiling water, add the cloves, bay leaf, salt and pepper, cover closely and simmer for several hours, (until meat is very tender) add more water if necessary, cook very slowly. When done, remove meat to a hot platter, thicken gravy if necessary and serve hot. Mrs. C. E. Bowron

———:o:———

STEAMED PORK CHOPS

Dip the pieces in sweet milk then roll in flour and fry in hot fat. Salt in frying pan, put in a pan and place in steamer. Steam one and one-half hours.
—Mrs. J. W. Johnston

Compliments

A. R. DEARBORN COMPANY

Real Estate, Insurance

211 North 21st Street Main 1620

SHROPSHIRE DANIEL GROCERY CO.

FIVE POINTS

Retailers of Pure Food Products
CLEANLINESS
Order Dept. Phones 557-4236-4237
Meat Dept. Phone 296
Office Phone 1185

MAURICE LETAW

DRUGGIST

Phone Main 2415

On The North-West Corner of
Fourth Avenue & Nineteeth Street

JOHN C. LANKFORD

Fancy Groceries, Fruits Vegetables
Fresh and Fancy Meats

Phones Main 2208 and 2209
1214 10th Avenue, So.
Birmingham, Alabama

COUNTS BROS.

SEWING MACHINE CO. Inc.

406 North 19th Street
Exclusive NEW HOME Dealers
Birmingham, Alabama

PHONE MAIN 3689

COMPLIMENTS OF

LAUNDRY COUPON SALES OFFICE

2008 First Avenue

Birmingham, Alabama

PHONE HEMLOCK 9494
THE

NEW HAT CLEANING CO.

Expert Hat Cleaners
We Call For And Deliver
422 North 20th Street
Across From Tutwiler Hotel

ROLLER CHAMPION

THE FLOUR THE BEST COOKS USE

BREAD
"The Staff of Life"

QUALITY AND HOME MADE

BREAD AND DELICIOUS ROLLS
"We Make the Best"

McCULLA & TYLER BAKERY

GOLDEN CRUST BREAD

is your best food

At Your Grocer

HOME BAKING COMPANY

MARINELLO PARLOR

Complete Line of
FACIAL PREPARATIONS

Hair Goods A Specialty

ROSE HAWLEY WOODALL

Phones Main 6945 and 6946

1921½ Third Avenue

USE DIXIE CLUB

COFFEE AND TEA

"Its Just A Little Better"

DIXIE COFFEE COMPANY

Birmingham, Ala.

"Safeguard Your Health"

GLEN IRIS DAIRIES

Milk—Cream—Butter

ICE CREAM

1310 3rd Ave. Main 2463

THE PATE COMPANY

PLUMBING AND HEATING
CONTRACTORS

2213-15 Avenue A Main 6476

Birmingham, Alabama

MEAT AND FISH SAUCE

WHITE SAUCE

Two tablespoons butter, one-half pt. milk, two tablespoons flour, one-half teaspoon salt, pepper to taste. Rub butter and flour together, add cold milk, put on fire and stir until boiling. Add salt and pepper and serve with anything. —Mrs. S. E. McKenzie

———:o:———

TOMATO SAUCE FOR SALMON LOAF

After removing loaf from baker add tablespoon butter—stir into this after melting, tablespoon flour, a pinch of salt and a very little red pepper—rub well and add a generous seasoning of catsup or tomato pulp and enough water to make a creamy sauce. Pour over loaf. —Hazel C. Piersol

———:o:———

WHITE SAUCE

One tablespoon butter, one tablespoon flour, one cup milk.

Melt butter without browning, add flour and stir until smooth, then add slowly the milk and stir until it comes to a boil. It will be smooth and thick and does not need straining. Either chopped parsley or hard boiled egg yolks may be added to above dressing to make a change. —Helen Going

———:o:———

BARBECUE SAUCE

Melt one-half pound of butter, stir into it one tablesponful of mustard, one-half teaspoonful of red and black pepper, salt to taste; add vinegar till the sauce has a strong acid. As soon as the meat begins to be hot, baste; continue it frequently until the meat is done. Pour over the meat any that remains. —Mrs. W. E. Bare

MEAT AND FISH SAUCES (Continued)

THICK CREAM SAUCE FOR CROQUETTES AND PATTIES

One pint hot cream, two even tablespoons of butter, four heaping tablespoons of flour, or two of cornstarch, one-half teaspoon salt, one-half saltspoon white pepper, one-half teaspoon celery salt. —Mrs. J. W. Johnston

:o:

CURRY SAUCE

Slowly cook one tablespoon onion (chopped) in one tablespoon butter for 5 minutes without coloring. Add one teaspoon curry powder, cook two minutes and one cup white sauce, cook two minutes longer.

–Mrs. C. E. Bowron

:o:

EGG SAUCE (WITH FISH)

Six eggs hard boiled, one cup melted butter. Chop eggs very fine and combine with butter. Add juice of one lemon and salt to taste.

—Mrs. W. F. Cahoon

:o:

MAITRE D' HOTEL BUTTER SAUCE

Cream a tablespoonful of butter; add a little salt and pepper, one tablespoonful chopped parsley and one tablespoonful lemon juice.

—Helen Going

:o:

MINT SAUCE

One cup chopped mint, (green and fresh), one-half cup vinegar, one-fourth cup sugar, mix one hr. before serving roast lamb. —Mrs. C. E. Bowron

:o:

TOMATO SAUCE

One can tomato paste, butter the size of an egg, salt and pepper to taste.

— Mrs. W. F. Cahoon

MEAT AND FISH SAUCES (Continued)

TOMATO SAUCE

Simmer one-half can tomatoes, one chopped onion, one-half teaspoon salt, one-fourth teaspoon pepper, one clove, for 10 minutes. Rub through sieve. Cook together one tablespoon flour and butter, each, one minute, add tomato gradually, stir till smooth and simmer five minutes.

—Mrs. C. E. Bowron

———:o:———

EGG SAUCE

A tablespoonful of oil and two of vinegar to each egg. Heat the oil and vinegar together and pour over the eggs beaten a little. Stir until it thickens and add salt, pepper and mustard to taste. —Mrs. W. E. Bare

———:o:———

TARTAR SAUCE

To any good mayonnaise or salad dressing add chopped parsley, sour pickles, olives and capers. Stir in one-third volume of whipped cream.

—Helen Going

———:o:———

OYSTER SAUCE

A pint of oysters cut up small and boiled up in their own liquor. Add a cup of cream, tablespoon of flour, made smooth with part of cream; salt, pepper and butter. —Mrs. J. W. Johnston

YOU ARE INTERESTED

—IN—

OUR SERVICE

—AND—

YOUR CHILDREN WILL BE

Therefore, we ask that you assist us in our effort to gain your Good Will by informing us of any circumstances which cause you to feel that the Company is in any respect failing in its effort to attain the distinction of being the most highly regarded Public Utility in the South.

BIRMINGHAM ELECTRIC CO.

"Beco Service"

TYLER'S BEST

COFFEE

CANNED FRUITS

CANNED VEGETABLES

ARE THE BEST

COMPLIMENTS

OF

A FRIEND

LIGE LOY

Birmingham's Finest Funeral
PARLORS

2210 Third Avenue N.

AMBULANCE SERVICE

MAIN 20 and 769

BROWN
AND
STRIBLING

MEAT DEALERS
FISH AND OYSTERS

All Kinds of Butchers Specialties

PROMPT DELIVERY

Phones Main 5648 and 5649
230 South 20th Street

SEA FOODS

BAKED LOBSTER

One can of lobster, three hard boiled eggs chopped fine, three tablespoonfuls of corn meal, three tablespoonfuls each of sweet milk and vinegar, one of Worcester sauce, lump of butter the size of an egg; season highly with salt and pepper. Mix the ingredients thoroughly, bake in a pudding dish twenty minutes, and serve hot. —Mrs. W. E. Bare

———:o:———

BOILED COD FISH WITH BUTTER SAUCE

Soak cod fish over night. Boil in plenty of water 40 to 50 minutes.

Sauce—Two cups water or milk, four tablespoonsful of butter, salt and pepper to taste. Thicken with three tablespoonsful of flour; serve over fish. This is always served with potatoes boiled in their jackets.

—Mrs. J. R. Pill

———:o:———

FRIED RED SNAPPER

Cut in steaks, salt and pepper and roll in dried bread or cracker crumbs; fry a nice brown. In separate vessel fry small onion till brown, add tablespoon flour, one-half pint tomatoes, pepper and salt to taste and a few whole cloves, simmer for 20 minutes and add one tablespoon vinegar. Serve over the fish. —Elizabeth Arbaugh

———:o:———

SCALLOPED OYSTERS

One quart oysters, (salt and pepper to taste) one-half cup bread or cracker crumbs, one-half cup chopped parsley, one-half cup celery, one egg, one cup milk.

Make layers of oysters, crumbs, parsley and celery until dish is filled, heat egg into milk, let stand 15 or 20 minutes, bake in oven until well browned.

—Mrs. Pilgreen

SEA FOODS (Continued)

BAKED FRESH FISH WITH STUFFING

Stuff fish with bread stuffing. Sew with trussing needle; wrap string around fish several times. Rub fish with butter, dredge with flour, place in pan. Add a little water and bits of butter. Baste often. When done place on platter, garnish with slices of lemon. Serve with cucumber and egg sauce.

—Mrs. Betty Lyles Wilson —Mrs. C. E. Bowron

———:o:———

BROILED FISH

Dress a good sized fish; leave whole. Cut gashes into back, putting into these salt and pepper, sufficient to taste. Cover with bits of bacon or bacon grease. Place under the gas flame and broil until well done, basting frequently.

—Mrs. W. F. Cahoon

———:o:———

PIGS IN BLANKET

Wash the oysters and put between towels to dry. Wrap each oyster in a thin slice of breakfast bacon, securing it with a tooth-pick. Broil in a hot pan, remove the tooth-pick and serve on toast, sprinkling with pepper.

—Mrs. McKenzie

———:o:———

CREAMED SALMON

Heat two cups milk, add red pepper and salt, also a pinch of sage, and butter the size of an egg. When hot add a can of salmon and stir thoroughly. Serve with hot rolls or toast. —Mrs. McKenzie

———:o:———

ESCALLOPED OYSTERS

One quart oysters, one loaf bread grated, one tablespoonful salt, black pepper to taste, three-fourths pint milk.

Into a greased baking dish put a layer of bread crumbs, then a layer of oysters and so on until the dish is full, then pour over all the milk, salt and pepper. Dot the top with butter. Put into oven and bake about 25 minutes or until the oysters are tender. —Mrs. H. E. Hall

TColl
TX
715
.F38
1925

SEA FOODS (Continued)

SALMON LOAF

One can salmon, one-fourth cup bread crumbs, one egg, one-half cup milk, a little salt.

Free salmon from skin and bone and break in fine pieces using a silver fork. Cook the bread with the milk until a smooth paste like consistency. Add salmon, seasoning and beaten egg and when mixed pour in well buttered mould. Either one large or individual smaller ones. Set moulds in a pan of hot water and bake. May be served either hot or cold.

—Frank Davis Fish Co. Receipt Book —Helen Going

:o:

SALMON LOAF

One can Argo salmon, drain off liquor, one cup bread crumbs, two eggs, salt and pepper to taste, mix and form into loaf, butter pudding dish, add loaf, put in steamer and steam for one hour.

Sauce for same—One egg, liquor from can of salmon, one cup of milk, one tablespoon of flour mixed with one tablespoon of butter; cook in double boiler until thick. Add juice of one lemon after it is cool. —Mrs. Riley

:o:

BAKED SNAPPER (Almost any kind of Fish can be used)

Select fish of the size desired. Be careful to remove all scales and wash thoroughly. Slash the fish in three or four places across the sides, putting salt and little dots of butter on the slashes. Put a little water in the pan and bake fish slowly. Remove fish from pan and add to the juices in the pan a little salt, flour; after thickening, add a hardboiled egg chopped very fine. When the gravy is smooth add a few capers to the sauce. —Mrs. H. E. Hall

:o:

SALMON SCALLOPED

One can salmon steak, few soda crackers, salt and pepper, milk.

Pick out all bones and loose skin leaving nothing but the choice meat. Shred with a fork. Into the baking dish put a layer of salmon, sprinkle with a layer of cracker crumbs. Season each layer with a little salt and pepper and continue until the salmon is used up—using crackers last. Over the whole pour enough milk to make the crackers soft and dot with butter. Bake until it is a pretty brown. —Mrs. H. J. Mead

#494973

SEA FOODS (Continued)

BAKED FISH

Scale, clean and wash fish well. Cut off head; lay in greased pan and season with salt and pepper and butter inside and out. Add a cup of water. For a two lb. fish bake in a medium hot oven 45 minutes. Baste often.

—Mrs. J. W. Johnston

———:o:———

BAKED SALMON

One-half can salmon, one cup rice well boiled, one egg beaten well, one cup milk, two teaspoons flour, butter size of a walnut, salt and pepper to taste. Melt butter and mix with flour; add milk and let thicken. Take off fire and add salmon cut small (remove all bones and skin) rice and egg and seasoning, also dash of paprika. Butter a baking dish and put mixture in, bake in moderate oven 20 minutes, until a golden brown, use bread crumbs if rice is'nt handy.

—Mrs. C. E. Bowron

———:o:———

FRIED CLAMS OR OYSTERS

Remove clams from can, dry with towel and dip each one in corn meal with a little salt in it. Then put in a beaten egg and once more meal and fry in smoking hot, deep fat until brown. Bread crumbs may be used in place of meal if preferred.

—Helen Going

EGGS AND OMELETTES

GOLDEN ROD EGGS

Three hard-boiled eggs, two tablespoons butter, two tablespoons flour, one cup milk, one-half teaspoon salt, pinch pepper, four slices toast.

Mix the flour and butter together until smooth. Add milk slowly, stirring constantly. Cook until smooth and add salt and pepper. Boil eggs hard; separate the whites from the yolks. Chop the whites up fine and add the sauce. Cut four slices of bread and toast. Then cut in halves length wise and arrange on a platter. Pour the sauce over them. Grate the yolks or put through a strainer and sprinkle over the top. Garnish with parsley and serve hot. —Mrs. H. J. Mead

:o:

BAKED EGGS

Make a cream sauce with butter, a little flour, salt, pepper and sweet milk, put in baking dish, break eggs in the sauce and put in oven to bake.

—Mrs. Fred V. Parker

:o:

EGG TOAST

Separate the whites and yolks of as many eggs as desired, beat the whites until stiff, heap up on slices of toast, put yolk of one egg in center of each piece of toast, season with salt, pepper and a little butter, put in oven a few minutes to cook.

—Mrs. Fred V. Parker

:o:

CREAMED EGGS

Boil hard one dozen eggs, slice them; have a quart of milk boiling with a little salt and a little flour, one teaspoonful of butter. Fill the baker with layers of egg and beaten crackers, and some black pepper; then pour on the milk, and bake a short time. —Mrs. W. E. Bare

EGGS AND OMELETTES (Continued)

GREEN CORN OMELETTE

Grate twelve ears of boiled corn. Beat five eggs, stir them with the corn and season with pepper and salt. Put a lump of butter in the frying pan; when hot, pour in the mixture and fry a nice brown. —Mrs. W. E. Bare

———:o:———

EGG NESTS

Have ready pretty shaped slices of buttered toast. Have one egg for each piece of toast.

Separate eggs, carefully keeping yolks in shape in a small dish, beat whites stiff with a pinch of salt in it, pile on toast to form nests, leave a center for yolks; slide each yolk in center of whites, season with a bit of butter, salt and pepper. Cook in oven until set. Serve on individual plates garnished with parsley and crisp bacon. —Mrs. C. E. Bowron

———:o:———

HARD BOILED EGGS WITH WHITE SAUCE

Hard boil eggs, peal carefully and cut in halves, (long way) have ready one pint of white sauce. Cover the eggs in baking dish with white sauce seasoned highly, a little grated onion, if liked, or grated cheese may be sprinkled over top. Put in stove. —Mrs. Wilson —Mrs. C. E. Bowron

———:o:———

FRIED EGGS WITH PEPPERS

Break fresh eggs in frying pan. Place thin rings of bell peppers over all. Cover and fry a few minutes till done. —Elizabeth Arbaugh

———:o:———

BAKED EGGS

Melt one tablespoonful of butter in a small frying pan. Break in two or three eggs according to size of pan. Let simmer till eggs are set then add one tablespoon flour, rub with butter as well as possible without breaking egg yolks. Salt. Add enough milk to cover and set in oven. Bake long enough to cook eggs as hard as desired.

—Hazel Piersol

EGGS AND OMELETTES (Continued)

EGG PIE

Make a pastry as for chicken pie using fresh eggs instead of chicken; about two for each serving. This makes an appetizing dish.

—Mrs. W. F. Cahoon

———:o:———

OYSTER OMELETTE

One doz. oysters, four eggs, two tablespoons of butter, two tablespoons of flour.

One teaspoon of chopped parsley. Salt and pepper to taste. Cook oysters and skin when tender, putting the liquor aside for use in same. Mince the oysters and add to beaten eggs. Make a thick white sauce of melted butter, flour and oyster liquor. Add to the eggs, oysters with season and pour into omelet pan. Cook until done. —Mrs. J. W. Johnston.

———:o:———

EGG OMELETTE

Five eggs beaten separately, to the yolks add five tablespoons of milk and a little salt. Fold the whites and yolks together lightly. Brown five tablespoons of small pieces of bacon, remove from pan and put in the egg mixture. When heated thoroughly through, sprinkle bacon over top fold and serve immediately. —Mrs. J. W. Johnston

———:o:———

SCRAMBLED EGGS

Break and beat well six eggs or more, add one teaspoon of milk to each egg; salt and pepper; mix well and pour into a hot skillet with melted butter and stir until done. —Mrs. J. W. Johnston

———:o:———

CREAMED EGGS

Boil hard several eggs. Cut them up fine and add to a white sauce. Cook until thoroughly blended and serve hot.

—Helen Going

EGGS AND OMELETTES (Continued)

SCRAMBLED SPANISH EGGS

Two tablespoons butter, one chopped onion, one-half green pepper, one-half pimento, one-fourth cup rich milk, one teaspoon salt, one-fourth teaspoon pepper, six eggs.

Cook all except eggs together until tender then add eggs; stir while cooking and serve on toast.

—Helen Going

———:o:———

CREAMED EGGS

Boil fresh eggs until well done. Pour off hot water and add cold. Then peel and cut in halves; take out the yolks, mash with a little butter, onion juice and salt, fill the halved whites with this—well rounding up and place in baking dish; make a rich gravy of milk, cream and butter, season with pepper, salt and pinch of sugar and pour into pan leaving tops of eggs showing above—sprinkle with grated cheese and brown in oven. Serve in baking dish.

—Elizabeth Arbaugh

———:o:———

SPANISH OMELETTE

Four slices of bacon cut small, fry with one large onion cut fine. Add one cup of raw tomatoes; stew for about five minutes; add five eggs well beaten and cook until eggs are done.

—Mrs. C. A. Riley

———:o:———

CHEESE OMELET

Three eggs, three tablespoons water, two level tablespoons grated cheese, one-eighth teaspoon pepper, two tablespoons butter, salt.

Beat eggs lightly, yolkes and whites together, add water and seasoning. Melt butter in an omelet pan, pour in eggs and stir and mix lightly till they begin to set. Sprinkle grated cheese over the top then scrape and push the omelet to one side of pan. Cook about one minute then either turn in the pan by slipping a knife under the omelet or hold the pan for a moment in front of the fire or under the flame of gas range. Turn on to hot dish and serve at once.

—Helen Going

———:o:———

STUFFED EGGS

Take the yolks of hard boiled eggs and mix with chilli sauce, chopped pickle, and mayonnaise. Fill the whites which have been cut in halves.

—Mrs. McKenzie

SALADS

BANANA SALAD

Peel and cut bananas lengthwise and across making fourths. Place two pieces per person on crisp lettuce leaves and stick with salted peanuts. Mix mayonnaise with peanut butter enough to taste and beat smooth. Drop a small quantity of the dressing from a spoon onto the bananas and serve.

—Mrs. H. J. Mead

———:o:———

ASPARAGUS SALAD

Thoroughly chill a can of asparagus. This done open can and pour off water. Place four or six pieces on a plate. Garnish with rings of green or red bell peppers.

Make a dressing of two tablespoons of French's made mustard, one level teaspoon sugar. Add Pet cream and beat until real thick and desired amount. Then add tablespoon of pepper relish, a small spoonful of the dressing on the ends of the asparagus and serve. —Mrs. H. J. Mead

———:o:———

FROZEN FRUIT SALAD

One No. 2 can Pineapple, one cup nut meats, one box marshmallows, one-half pint heavy cream, one bottle cherries.

Make a cooked dressing of yolk of two eggs, one-half cup vinegar, teaspoonful salt, one-half cup milk, one-half tablespoonful flour. Mix all ingredients and cook in double boiler until thick. Whip the whites of the eggs and while the mixture is hot pour over the egg whites and whip thoroughly.

Cut the pineapple into small pieces, also the marshmallows and combine with the juice from the pineapple. Allow to stand for several hours, then whip the cream, add to the cooked salad dressing and the nut meats and mix thoroughly. Save a part of the cream and salad dressing for the top of the salad. Place the salad in a mold and allow to stand for three hours before serving. Serve on lettuce leaf with the whipped cream and cherries on top.

—Mrs. H. E. Hall

SALADS (Continued)

SHRIMP SALAD

One pound shrimp boiled a few minutes, then remove shell; chill; put over this a dressing made of half cup mayonnaise, half cup catsup, half t'spoon horseradish, salt and pepper to season. This will serve six.

—Mrs. Fred V. Parker

:o:

PINEAPPLE SALAD

Two cupsful of shredded pineapple, one cupful of chopped celery, one sweet red pepper, chowed, mayonnaise or whipped cream.

Mix together the shredded pineapple and celery and mound on small lettuce leaves. Cover with dressing and garnish with a sweet red pepper or sprinkling of chopped nut meats. —Mrs. J. W. Johnston

:o:

NUT SALAD

Two cups of chopped nuts. White part of four bunches celery (cut in bits), four chopped oranges, four tablespoons sugar, two tablespoons salt. Mix with lemon juice. Serve on lettuce leaf.

—Mrs. J. W. Johnston

:o:

CALIFORNIA SALAD

One-half cupful sliced ripe olives, two pimentoes, four chopped hard boiled eggs, one-third cupful broken English walnuts or pecans, boiled dressing, lettuce.

Mix the olives, eggs, walnuts and pimentoes, just before serving them put them together with the boiled salad dressing to moisten and serve on crisp lettuce. —Mrs. C. E. Bowron

:o:

GRAPE FRUIT AND MALAGA GRAPE SALAD

Cut large grape fruit in half crosswise carefully removing the pulp and place in crisp lettuce leaves. Sprinkle over this bits of english walnut meats. Now skin some malaga grapes and cut them almost in half and remove the seeds, and put in a tiny bit of pimento. Moisten with mayonnaise. Garnish with grapes. —Mrs. E. D. Hines

SALADS (Continued)

VEGETABLE SALAD

Combination of lettuce, tomatoes and cucumbers, with enough onion to flavor, makes an appetizing salad, when served with french dressing.

—Mrs. W. F. Cahoon

:o:

STUFFED TOMATO SALAD

Six tomatoes, one can shrimp (or fresh shrimp), one nice stalk celery, chopped onion to taste, one-half green pepper, one-fourth teaspoon salt. Scoop out inside of tomatoes. Mix all with mayonnaise. Fill tomatoes and serve with mayonnaise on lettuce leaf.

(Mrs. Stephenson) —Mrs. C. E. Bowron

:o:

PEACH SALAD

Take large halves of canned peaches, fill with fresh marshmellows, cherries and green grapes stuffed with nuts. Tilt the peach slightly on lettuce leaf, letting fruit fall on lettuce and serve with mayonnaise or oil dressing.

(Mrs. Felix Bright) —Mrs. C. E. Bowron

:o:

HEAD LETTUCE WITH THOUSAND ISLAND DRESSING

One tablespoon red peppers, chop first; one tablespoon olives, chop first; one tablespoon onions, chop first; four tablespoons cooked salad dressing; two tablespoons olive oil; one tablespoon vinegar; two tablespoons chili sauce.

Mix and beat and pour over lettuce cut in length wise strips.

—Helen Going

:o:

SHRIMP SALAD

One cup of fresh or canned shrimp, one cup of hard boiled eggs, one cup of chopped pickles.

Serve with mayonnaise or french dressing. —Mrs. C. A. Riley

SALADS (Continued)

FRUIT SALAD

Mix equal quantities chopped apples and celery. Add one-fourth as much chopped nuts; dressing for salad—one egg, one-half cup sugar, one tablespoon flour, one tablespoon butter, one cup milk, one-half cup vinegar, (if very strong, use less) two and one-half teaspoons salt and pepper and one-half teaspoon mustard.

Mix all together and cook till thick; let cool and mix with chopped fruit. This dressing will keep for several days. —Elizabeth Arbaugh

———:o:———

COGEALED SALAD—FRUIT

One can large yellow cherries; one can sliced pineapple; one-half pound shelled blanched almonds; one egg mayonnaise (about a cup); one pt. of whipped cream; one envelope knox gelatine; one-half cup warm water and tiny bit of fruit juice.

Mix fruit and nuts in a bowl; add mayonnaise and gelatine which has been dissolved in the hot water and fruit juice. Fold in the whipped cream last and pour into a mould. It will set in about two or three hours.

—Helen Going

———:o:———

SPAGHETTI SALAD

One package spaghetti; cook in boiling salted water until tender; drain and wash in cold water, add to spaghetti two pimentoes chopped fine; four or five sweet pickle chopped fine; two hard boiled eggs chopped fine; two Irish potatoes boiled and chopped; one-half lb. grated cheese. Mix all together, season and add sufficient mayonnaise to taste. —Mrs. J. E. Westbrooks

———:o:———

CHEESE LOAF

Two cups grated cheese; one-half cup chopped nuts; one-half cup stuffed olives; one cup whipped cream; one tablespoon of granulated gelatine; two tablespoons cold water; three tablespoons boiling water; three-fourths cup cooked dressing.

Soak gelatine in cold water five minutes. Pour boiling water in gelatine. Stir until dissolved. When cool stir in all ingredients, then fold in whipped cream. Mould and serve as a salad. —Mrs. McCalley

SALADS (Continued)

CREAM SALAD

One can white cherries (seeded); one can sliced pineapple, cut fine; one-fourth cup blanched almonds, or chopped nuts; one pt. mayonnaise; one tablespoon of gelatine in four tablespoons cold water; one cup hot water; one pt. whipped cream.

Dissolve gelatine in cold water and pour hot water in. When thick, stir in mayonnaise, add nuts and fruit and lastly beat in whipped cream and set to congeal. Delicious. —Mrs. G. T. Wofford

———:o:———

RAISIN SALAD

One cup raisins, one cup diced apples, one cup diced bananas, one shredded orange.

Mix lightly with a generous amount of sweetened and flavored whipped cream. Sprinkle with chopped nuts and serve. —Mrs. Pilgreen

———:o:———

COLD SLAW

Half a head of cabbage, cut fine; make a dressing and pour over it. One pint of cream, one teaspoonful of mustard, one raw egg, one tablespoonful of salt, half a cup of vinegar. Beat until it thickens.

—Mrs. W. E. Bare

———:o:———

TOMATO AND PINEAPPLE SALAD

Peel and chill tomatoes, scoop out the inside; fill with pineapple cut in cubes and chopped almonds. Serve with mayonnaise on lettuce leaves.

—Mrs. C. A. Riley

———:o:———

PEAR SALAD

One can large select pears; one lb. almond blanched, then sliced in thin slices and browned. Then turn the half pear on lettuce leaf, Make eyes with cloves and mullen needles with almonds stuck in the round side of the pear and mayonnaise around. This makes a very attractive salad. —Mrs. Pilgreen

SALADS (Continued)

CABBAGE SLAW

Cut very fine one small head of hard white cabbage. Add one teaspoon of salt or to taste. Pound the cabbage until it becomes juicy. Add little celery, salt and black pepper. Pour over this the following dressing:

One-half cup cream, one-fourth cup vinegar, three tablespoons sugar. Mix cream and sugar together, then vinegar. Stir and pour over cabbage. Mix about one-half hour before serving, but not longer.

—Hazel C. Piersol

——:o:——

POTATO SALAD

A small onion, two heads of celery, a bunch of parsley. Chop these very fine. One dozen cold Irish potatoes sliced.

Arrange the mixture and potatoes in alternate layers in a salad-bowl, using salt and pepper freely. Dress with mayonnaise dressing and garnish with rings of hard boiled eggs or curled parsley. —Mrs. W. E. Bare

——:o:——

PERFECTION SALAD (For 20 people)

Three large cans sliced pineapple diced, one lb. white grapes seeded and cut in half, two boxes marshmallows, one-half lb. almonds (blanched if desired), three oranges and one-half doz. bananas, though these if used should not be added till ready to mix with dressing.

The above should be prepared and mixed together about an hour or longer before serving. When ready to serve add the following dressing:

Whipped Cream Dressing—Two egg yolks, three tablespoons sugar, mix in small pan and one-fourth cup water and one-fourth cup vinegar. Cook until stiff. Let cool.

When ready to serve to this add one pt. whipped cream. Part of this add to fruit and mix. Add more whipped cream to what is left and use to garnish each serving; add red cherry to drop of each. Serve on lettuce leaf. This is a delicious salad and very easy to prepare.

—Hazel C. Piersol.

——:o:——

BEET AND OLIVE SALAD

One-half cup green olive strips, three cups diced cooked beets, three tablespoons mayonnaise.

Cut olives from stones in long narrow strips. Mix with beets. Stir in mayonnaise and chill. Serve on lettuce. This serves six.

—Mrs. McKenzie

SALADS (Continued)

NUT SALAD

Six large mellow apples, four bananas, one cup nuts, one cup celery.

Dressing for salad—Melt one tablespoonful butter in double boiler. Add —one-fourth teaspoon salt; one-fourth teaspoon pepper; one-half teaspoon ground mustard; one egg well beaten; one teaspoonful corn starch dissolved in one-half cup milk; one-half cup vinegar; two tablespoonsful sugar.

Put over fire and stir until thick. When cool, thin with cream.

—Mrs. Pill

———:o:———

TOMATO AND PINEAPPLE SALAD

Peel and chill tomatoes, scoop out the inside. Fill with pineapple cut in cubes and chopped almonds. Serve with mayonnaise on lettuce leaves.

———:o:———

TOMATO ASPIC

One quart can tomatoes, two cloves, two bay leaves, three pods red peppers, one small onion chopped fine, one teaspoon salt, boil 20 minutes, strain through sieve, add one-half box of gelatine, pour into individual molds, when hard turn out on lettuce leaves and serve with mayonnaise.

—Mrs. C. A. Riley

———:o:———

STUFFED TOMATO SALAD

Twelve ripe tomatoes, one-half lb. veal, one-half pint mayonnaise, celery chopped fine. Scald tomatoes and remove skins, cut a slice from top of each and remove seeds with a small spoon. Boil veal until tender, then place in food chopper, chopping fine. Mix veal and celery with mayonnaise seasoning to taste. Fill tomatoes with this and put spoonful of mayonnaise on top. Serve on lettuce leaf.

—Mrs. McCreery

SALAD DRESSINGS

FRENCH DRESSING

One-half teaspoon salt. One-fourth teaspoon pepper. One-eighth teaspoon paprika, two teaspoons vinegar, two tablespoons olive oil. —Mrs. Mead

———:o:———

COOKED SALAD DRESSING

Three teaspoons mustard, six tablespoons sugar, one teaspoon salt, one tablespoon flour, nine tablespoons sour milk, one tablespoon butter, one-half cup vinegar, three eggs (fewer eggs may be used, for every egg omitted, add one tablespoon flour).

Place vinegar and butter on stove in pan. Mix dry ingredients thoroughly and add milk and eggs well beaten. Add this mixture gradually to the hot vinegar and stir continually until thick. Remove and put in jar. This may be thinned with cream or milk when used.

———:o:———

THOUSAND ISLE DRESSING

Chop fine—Two small onions, two pimentoes, three hard-boiled eggs, one-half green pepper. Small bottle chili sauce. Add to one-half pint mayonnaise. Use on head lettuce and tomatoes. —Mrs. McCreery

———:o:———

SALAD DRESSING (Cooked)

Melt one-fourth cup of butter in a saucepan with two tablespoons of flour, one and one-fourth tsp. of salt, one tsp. mustard, one-fourth tsp. paprika, stir well, add the yolks of four eggs slightly beaten. Continue stirring while adding one-fourth cup of vinegar and two tablespoons of cold water. Cook in double boiler, stir constantly. Let cool and add one cup of cream that has been beaten stiff, beat well, then chill. —Hines

SALAD DRESSING (Continued)

MAYONNAISE DRESSING

One egg, juice of one lemon, one-half teaspoonful mustard, one teaspoonful salt, one pint Wesson oil. Beat egg and then add juice of lemon. Pour in oil and beat until stiff. Add salt and mustard. —Mrs. Pill

:o:

FRENCH SALAD DRESSING

One cup oil, juice of one lemon, two teaspoons honey, one teaspoon paprika pepper, one-half teaspoon salt. Use more honey if a sweeter dressing is desired. —Mrs. W. F. Cahoon

:o:

FRUIT SALAD DRESSING

Three egg yolks, one-third cup vinegar, one-third cup sugar, one-fourth teaspoon salt, one cup whipped cream.

Mix the egg yolks, sugar, salt and vinegar. Cook in a double boiler until thickened, stirring all the time. Remove from fire; when cool, add the whipped cream. Prepared mustard may be added to this dressing, using less or no sugar; it is then suitable for meat or vegetable combinations.

:o:

COOKED SALAD DRESSING

Three teaspoons mustard, one tablespoon butter, six tablespoons sugar, one-half cup vinegar, one teaspoon salt, three eggs (fewer eggs may be used; for every egg omitted add one tablespoon flour), for 9 tablespoons sour milk.

Place vinegar and butter on stove in pan. Mix dry ingredients thoroughly and add milk and eggs well beaten.

Add this mixture gradually to the hot vinegar and stir continually until thick. Remove and put in jar. This may be thinned with cream or milk when used.

—Mrs. Pilgreen

FARIES BROS.

FRESH MEATS
OF ALL KINDS

GROCERIES AND PRODUCE

Main 193 810 South 15th St.

Birmingham, Alabama

HOME MADE CANDIES
MADE RIGHT
At The
RIGHT PRICE
FRESH EVERY DAY
LYRIC
CONFECTIONERY CO.
Next Door Lyric Theater

HOOPER'S

2009 Third Avenue

THE

FAUST CAFE

SANITARY
AND
SATISFYING

212 North 20th Street

**GOODYEAR
SHOE HOSPITAL**
418 North 20th Street
Opposite Tutwiler
WE CALL FOR AND DELIVER
BIRMINGHAM'S LEADING
SHOE REPAIR SHOP
PHONE MAIN 9330

MASON
AND
DULION
2019 4th Ave. Main 3065
PLUMBING & HEATING
VISIT OUR SHOW ROOM FOR
DEMONSTRATION OF ALL
FIXTURES

**THE
PLAZA MARKET**
J. A. NORRIS, Prop.

2029 2nd Ave. Phone Main 6400

Birmingham, Alabama

MAYER'S
WALL PAPER & FRAME SHOP
INTERIOR DECORATORS
High-Class Wall Paper and
Picture Frames
After October 1st at 1829 5th Ave.
Opposite Post Office
PHONE MAIN 504

COMPLIMENTS OF

BRITTLING CAFETERIA COMPANY

Birmingham's Most Popular
Eating Place for Ladies

Compliments of

INFALLIBLE FLOUR

HARRY J. REES J. WADE REES
HAROLD J. REES

REES BROS.

ALWAYS OPEN
ANY REPAIR TO ANY CAR
Avenue C and 22nd Street
MAIN 1962

COMPLIMENTS
OF

MAGIC CITY CANDY CO.

1730 First Avenue
PHONE MAIN 793

ZAC SMITH

STATIONERY COMPANY

PRINTING
ENGRAVING
OFFICE FURNITURE

2012 First Avenue

BAKERS FLOWER SHOP

1514 So. 13th St. Birmingham
FLOWERS FOR ALL
OCCASIONS
WEDDING PARTIES OR
FUNERALS
PLANTS IN SEASON
CALL MAIN 3468

Compliments Of

KISSELL PHARMACY

1100 North 13th Street
HEMLOCK 2094

My Motto:
"PROMPT SERVICE"

HIGHLAND

ICE CREAM COMPANY
All Cream Ice Creams
MOTORCYCLE DELIVERY
2500 Ave. G. 632 2nd Ave. N.
4023 First Avenue, N.
MAIN 1796

SAVORIES

CHEESE SOUFFLE'

Three level tablespoons flour, three level tablespoons butter, three eggs, one cup milk, one cup grated cheese, salt and pepper to taste. Put the butter and flour together in a saucepan and stir till blended without browning. Add the milk, a little at a time, and stir till the mixture boils, then add the grated cheese, salt and pepper and set aside to cool. Beat the eggs, yolks and whites separately; then add the yolks to the mixture in the sauce pan and blend thoroughly. Lastly, fold in the whites beaten to a stiff froth, and turn the souffle' into a greased deep dish. Bake in a moderate oven about 20 or 30 minutes. Serve at once as it soon falls. —Mrs. J. W. Johnston

———:o:———

CHEESE BALLS

One cup grated cheese, three egg whites, one-half teaspoon salt, one-eighth teaspoon pepper. Beat the whites until stiff, fold the grated cheese into whites; add seasonings and let stand for fifteen minutes. Make into ball the size of a walnut, fry in deep fat until golden brown. —Mrs. H. J. Mead

———:o:———

WELSH RAREBIT

One tablespoon butter, one cup grated cheese, one-half cup sweet milk, one egg, salt and pepper and a little mustard. Cook all together till thick and put on slice of toast. —Mrs. Fred V. Parker

———:o:———

HAM CANAPES

One-half cup minced ham, two tablespoons butter, one teaspoon chopped parsley. Mix ham, butter and seasonings to a smooth paste; cut the bread into circles, fry brown and spread with the ham mixture. —Mrs. H. J. Mead

SAVORIES (Continued)

CHEESE STRAWS

Five tablespoons flour, one-third cup grated cheese, one-half tablespoon butter, one-half cup bread crumbs, one tablespoon milk, one-eighth teaspoon salt, few grains of cayenne.

Mix flour and seasonings, chop in butter, add the crumbs and grated cheese and mix well; add the milk to make a stiff dough. Knead well, roll into a sheet one-quarter inch thick and cut into strips one-third inch wide. Bake in a moderate oven for ten minutes. —Mrs. H. J. Mead

———:o:———

CHEESE PUFFS

Two eggs, one cup flour, one cup Kraft American Cheese, rubbed through grater, one teaspoon baking powder, one cup milk, little salt and pepper.

Beat eggs well and add milk, sift together flour, baking powder and seasoning. Add to milk and eggs, then add the cheese and beat well. Drop by spoonful into hot fat and fry until golden brown. Drain and serve with powdered sugar or lemon sauce. —Mrs. H. J. Mead

———:o:———

CHEESE SOUFFLE'

Two tablespoons butter, three eggs, one-half teaspoon salt, three tablespoons flour, three-fourths cup milk, cayenne, one cup grated cheese.

Put butter in saucepan, when hot add the flour and stir until smooth. Add the milk and seasoning. Cook two minutes. Remove from stove and add the well beaten yolks of eggs and cheese. Stir until cheese melts. Set away to cool and then add the whites of eggs, beaten stiff, turn into buttered ramekins, bake, serve immediately with wafers. —Mrs. C. E. Bowron

———:o:———

CHEESE SOUFFLE'

Melt one tablespoon of butter with one tablespoon of flour—do not let brown. Add one cup milk, one-half cup grated cheese. Cook until cheese is melted, take from fire and stir in yolks of three eggs well beaten with one-half teaspoon of salt and dash of red pepper. Beat whites of eggs very stiff and stir lightly into other ingredients; put into buttered baking dish and bake until brown. —Mrs. C. A. Riley

SAVORIES (Continued)

CHEESE PUFFS

Two eggs, one cup flour, one teaspoon B. Powder, one cup grated cheese, one-half cup milk. Fry in deep fat until golden brown; serve with powdered sugar or lemon sauce. —Mrs. C. A. Riley

———:o:———

CHEESE PUDDING

One-half lb. grated cheese, one teaspoon flour, one cup bread crumbs, salt and pepper to taste, one cup milk, one teaspoon butter, two beaten eggs, bake fifteen minutes in moderate oven; serve hot immediately.
—Mrs. J. E. Westbrooks

———:o:———

CELERY STICKS

Wash and dry the inside stems of stalk of celery. Mix until a smooth paste. One cake of white cheese, two tablespoons of cream, salt and pepper—fill the groove in celery with the cheese paste and lay a narrow strip of pimento on it for a garnish. —Helen Going

———:o:———

NUT BREAD SANDWICHES

Take one cup grated cheese, one-fourth teaspoon paprika, one-fourth tsp. mustard, one-half tsp. Worcestershire sauce, one tsp. melted butter, and stir until smooth. Take from the fire, and add one cup of light cream or milk into which the yolks of two eggs are beaten, put back on fire and cook in double boiler two or three minutes; let cool and spread between thin slices of nut-bread. —Hines

———:o:———

CREAM CHEESE

Cream white cheese cake with a fork, adding enough cream to work it easily. Add chopped nuts and form into balls or a loaf which may be sliced.
—Helen Going

SAVORIES (Continued)

SCALLOPED CHEESE

Two cups stale bread crumbs cut into dice, one cup grated cheese, one pint of milk, two eggs, salt and pepper to taste. Put the bread and cheese into a baking-dish, in alternate layers, until dish is about two-thirds full. Beat the eggs and add to the milk with the seasoning—not forgetting that cheese is sometimes quite salt—and pour over the cheese and bread. Bake one-half hour in moderate oven.

—Mrs. J. W. Johnston

———:o:———

PIMENTO CHEESE

Put a slice of yellow cream cheese thru the meat chopper; also several pimentos. Mix thoroughly, adding a little tomato catsup and cream; form into balls and use as garnish.

—Helen Going

———:o:———

WELSH RAREBIT

One-half lb. soft, rich cheese, one tablespoon butter, one-fourth teaspoon salt, one-fourth teaspoon mustard, dash red pepper, one egg, one-third cup rich milk or cream.

Grate cheese, melt butter, then add cheese and seasonings as the cheese melts. Add milk gradually, stirring constantly. Add the egg, slightly beaten. Cook 'till smooth and creamy. Serve hot on buttered toast or crackers.

—Mrs. C. E. Bowron

———:o:———

A NICE DISH OF CHEESE

Half a pound of grated cheese, half as much bread crumbs, two teaspoonsful of butter. One coffee-cupful of sweet milk. Mix cheese, butter and bread crumbs together. Season with salt, pepper and mustard; bring milk to a boil and pour over this. Set it over boiling water until the cheese dissolves; then add to it the yolks of three eggs. Stir well and add the whites of the eggs whipped to a stiff froth. Butter a very shallow pan or pie plate; pour in the mixture and bake.

—Mrs. W. E. Bare

SAVORIES (Continued)

SCALLOPED CHEESE

Take three slices of bread well buttered, first cutting off the brown outside crust. Grate fine a quarter of a pound of any kind of good cheese; lay the bread in layers in a buttered baking dish. Sprinkle over it the grated cheese, some salt and pepper to taste. Mix four well beaten eggs with three cups of milk; pour it over the bread and cheese. Bake it in a hot oven as you would cook a bread pudding. This makes an ample dish for four people.

(White House Cook Book) —Mrs. Pill

BIRMINGHAM'S NEWEST FURNITURE STORE

J. E. CAIN

FURNITURE

1716-18 Second Ave. BIRMINGHAM, ALA.

ENTREES

SWEET POTATO CROQUETTES

Two tablespoons finely chopped parsley, dash of cayenne pepper, dash of nutmeg, yolks two eggs, two tablespoons sugar, good sized lump butter, enough boiled and mashed sweet potatoes to suit taste, roll in cracker crumbs and fry. —Mrs. J. E. Westbrooks

———:o:———

SALMON CROQUETTES

One can salmon, pick over fine, one cup crackers crumbled, one egg, salt and pepper; make into small cakes and fry in butter. Serve with milk gravy.
—Mrs. J. W. Johnston

———:o:———

SALMON CROQUETTES

Mince up and remove bones from one can of salmon. Add one egg, and enough corn meal to hold together nicely. Mould into desired shapes and brown in skillet. Serve garnished with lemon. —Hazel C. Piersol

———:o:———

FISH CROQUETTES

One cup white sauce, one-half cup bread crumbs, two cups of minced white fish, or canned fish, like salmon, tuna, etc. Shape and fry in hot fat.
—Mrs. C. E. Bowron

———:o:———

OYSTERS IN ASPIC

A cold entree is made of jelly with three fat oysters embedded in the center, serve the little round molds on lettuce and garnish with slices of lemon.
—Mrs. C. E. Bowron

ENTREES (Continued)

RICE AND CELERY CROQUETTES

Two cups rice, cooked and cold, one-half cup chopped celery, two lb. strained tomato or tomato canned soup, one egg, one-eighth tsp. salt, one-half small onion cut very fine, two tablespoons butter. Mix and form in croquettes and fry in deep hot fat. —Helen Going

———:o:———

BRAIN CROQUETTES

Boil one lb. of brains in slightly salt water for a few minutes, then drain, chop one small can of mushrooms, make a very thick cream sauce, use two tablespoons butter, two tablespoons flour, one-half cup sweet milk, one-half cup juice of mushrooms.

Season with salt and pepper and dust of cayenne pepper. Add this sauce to brains and mushrooms that have been mixed thoroughly. Mould in cone shape. Dip in cracker meal, then in egg; fry in golden brown deep fat.

Two lb. of brains and 2 small cans of mushrooms will make 18 croquettes.
—Mrs. Pilgreen

———:o:———

CROQUETTES OF POULTRY

Use any kind of cold fowl and three hard boiled eggs, ground very fine, the same quantity of bread crumbs or boiled rice soaked in sweet milk; press out the milk, season with nutmeg, salt and pepper. Mix all well together with the whites of two eggs well beaten, mould into cakes and fry in lard.
—Mrs. W. E. Bare

———:o:———

CHICKEN CROQUETTES

Two cups chopped cooked chicken, one-half teaspoon salt, few grains cayenne, one cup thick sauce, one-eighth teaspoon pepper, few drops onion juice, yolk one egg. Mix ingredients in order given. Cool, shape into balls, cylinders or any desired shape. Dip in egg crumbs and egg again. Fry in deep fat.
—Mrs. Vickery

———:o:———

OYSTER CROQUETTES

One-half pint raw oysters, one-half pint cooked veal or cold roast pork, one heaping tablespoon butter, three tablespoons cracker crumbs, one egg.

Chop the oysters and meat very fine, soak the crackers in oyster liquor and then mix all the ingredients and shape. Dip in egg and roll in cracker crumbs, fry as usual. The butter should be softened before mixing.
—Mrs. J. W. Johnston

FRITTERS

APPLE FRITTERS

Two eggs, one cup flour, one teaspoon baking powder, one cup milk, one cup chopped apples. Drop by spoonful into hot fat and fry golden brown. Serve with powdered sugar or lemon sauce. —Mrs. Riley

———:o:———

APPLE FRITTERS

Three eggs beaten lightly, one pt. milk, two cups chopped apple, one spoon salt, one-half cup sugar, two cups flour, nutmeg to taste.

Stir well and fry on griddle. Sift sugar over them and serve hot.
—Mrs.McKenzie

———:o:———

OYSTER FRITTERS

Drain one dozen oysters and dry well in a towel. Make a batter of two cups flour, yolk of one egg and tablespoon fat, pinch of salt, sufficient oyster liquor or milk to make thick enough to drop from spoon, adding the beaten whites last. Dip oysters in batter one at a time and fry in deep fat.
—Elizabeth Arbaugh

———:o:———

CLAM FRITTERS

Use canned or fresh clams, reserve the juice, beat two eggs light, sift one-half cup flour in one-half cup of milk; chop the clams fine and add a teaspoon tomato catsup and a little minced parsley, season with salt and pepper; add to the batter, if not stiff enough, add a little more flour. Drop into hot fat, in spoonfuls and fry until a golden brown. Drain on brown paper before serving. —Mrs. C. E. Bowron

FRITTERS (Continued)

CORN FRITTERS

One cup corn (canned or fresh cut from cob), one egg, one tablespoon cream or rich milk, one teaspoon butter, one tablespoon flour. Mix all together and drop by spoonsful in hot fat. —Mrs. C. E. Bowron

——:o:——

GREEN CORN PATTIES

Twelve ears of green corn, grated, one teaspoonful of salt, one of pepper, two eggs beaten into two tablespoonfuls of flour. Mix and fry in lard; drop in spoonfuls. —Mrs. W. E .Bare

——:o:——

CLAM FRITTERS

Use canned or fresh clams, reserve the juice, beat two eggs light, sift one-half cup flour in one-half cup of milk; chop the clam fine and add a teaspoon tomato catsup and a little minced parsley, season with salt and pepper; add to the batter, if not stiff enough, add a little more flour; drop into hot fat, in spoonsful and fry until a golden brown; drain on brown paper before serving. —Mrs. C. E. Bowron

Frigidaire

THE ELECTRIC REFRIGERATOR *for* MODERN HOMES

Domestic Electric Co.

2019 5th Ave. No.   BIRMINGHAM, ALA.   Main 8815

HOME MADE CANDY
FRESH DAILY FROM OUR OWN
CANDY KITCHEN

Meet to eat or drink
at the LUNCHENETTE

**LOVEMAN
JOSEPH & LOEB**

RIDOUT'S
FUNERAL HOME

"Superior Service"

2117 No. Fifth Avenue

PHONES MAIN 6 OR MAIN 9

UHRIG

Will Attend To Your Eyes

EVERYTHING OPTICAL

1923 1st Avenue   Main 3855

Compliments Of

**WAITE DAIRY
STORE**

Ave. G. at 21st St.

TELEPHONE MAIN 529

CALL
**SUNSHINE
CLEANERS**
For The Best Dry Cleaning
At The Lowest Cost
Everything We Clean Is
GUARANTEED
Main 3874 and 4666
10th Avenue and 23rd Street, So.

EAGLE BRAND
MACARONI — SPAGHETTI
NOODLES
A Good Brand That Is Always In
DEMAND
Patronize Home Industries
**BIRMINGHAM
MACARONI CO.**
400 S. 14th St., Birmingham

Rich As Butter—
Sweet As A Nut—
BUTTERNUT
AND
BUTTER KRUST BREAD

BANNER BAKING CO.

411 North 14th Street
PHONE MAIN 6236

IF YOUR MATTRESS
Is Lumpy, Hard or Uncomfortable
LET US MAKE IT OVER
We re-felt, re-tick and return your mattress same day.

DIXIE MATTRESS COMPANY

"Comfort Is Our Hobby"
Phone Hemlock 803

FOR BETTER BAKING

TRENTON MILLING CO.
ANGEL FOOD
HIGHEST PATENT
TRENTON, ILL.
BLEACHED
24 Lbs. ANGEL FOOD FLOUR

A SACK OF BEST RESULTS

E. P. ALLEN & COMPANY

Compliments
Of

GUARANTEE SHOE CO.

---

40 YEARS
Consistent Returns To the Investor

Investors Who Demand
SAFETY
Choose Our Securities

BIRMINGHAM WATER WORKS COMPANY

COMPLIMENTS OF

INDEPENDENT CLEANERS

Dry Cleaners and Dyers

Phone Main 220

Five Points

CARMICHAEL TILE CO.

"Tiles For Everywhere"

Pleased To Furnish Estimates
Samples And Designs On Request

209 South 20th Street

BREAD

QUICK LIGHT ROLLS

One yeast cake; one-half cup milk, scalded and cooked; one-half cup luke warm water; one teaspoon salt; one tablespoon sugar; three and one-half cups flour; two tablespoons Wesson Oil or lard.

Beat well, knead, roll; cut out and let raise two hours and bake.
—Mrs. Riley

:o:

NUT BREAD

One egg, one cup sugar, one teaspoon salt, one cup nuts, one cup milk, four level teaspoons of baking powders, four and one-half cups flour.

Mix and form into two loaves. Let stand 25 minutes. Brush with melted butter and bake in moderate oven. —Mrs. Riley

:o:

NUT BREAD

Three-fourths cup sugar, two cups sweet milk, one teaspoon salt, one cup nut meats, four level teaspoons of baking powder in four cups flour.

Bake one hour in slow oven. —Elizabeth Arbaugh

:o:

QUICK ROLLS

One yeast cake, one qt. luke warm water, one cup sugar, one cup lard, two tablespoonsful salt.

Dissolve yeast cake in warm water, add sugar, salt and melted lard. Add sufficient flour to make a stiff batter. Put in warm place to rise. In warm weather it will rise sufficiently in about 3 hours. Add more flour and knead well. Make into small rolls, place in greased pans and allow to rise again. Put a small amount of lard on top of each roll before baking. Bake in quick oven. —Mrs. H. E. Hall

BREAD (Continued)

DROP BISCUITS

One pint flour; one-half teaspoon salt; one-half teaspoon sugar, one teaspoon baking powder, one teaspoon melted fat; milk to make stiff batter.

Drop from spoon and bake in quick oven. —Elizabeth Arbaugh

NUT LOAF

One egg, one-half cup sugar, three-fourths cup chopped nuts, one cup sweet milk, one and one-half cups flour, one cup Graham flour, two teaspoons baking powder, one-half teaspoon salt.

Mix, grease pan, pour in mixture, let stand 20 minutes—then bake 40 minutes. Let stand over night before using. —Mrs. McCalley

BOSTON BROWN BREAD

One cup Rye flour, one cup cornmeal, one cup white or Graham flour, one cup molasses, one and one-half spoon soda, one spoon salt, one spoon baking powder, one cup raisins, three-fourths cup nut meats, one and one-half cup sour milk or buttermilk. Shortening size of an egg.

Grease cans and tops well, and cook with tops on. Cover the pot also. Fill cans two-thirds full. —Mrs. McKenzie

LARGE SALLY LUNN

Five eggs, one teacupful of melted butter, one of new milk or sweet cream, one of good yeast. Beat the eggs separately. Mix all the ingredients and stir in flour till the batter will not fall from the spoon. Cover and set in a warm place to rise. When quite light, beat in more flour until as thick as when first made. Put in a mould and set to rise for an hour and a half. Bake three-quarters of an hour. —Mrs. W. E. Bare

CHOCOLATE GINGER BREAD

One-third cup butter, one-half cup sugar, one-half cup molasses, one cup thick sour milk, two ounces of chocolate, one tablespoon ginger, two cups Wheat flour, one-half teaspoon salt, one teaspoon cinnamon, one-fourth teaspoon cloves, one teaspoon soda, one teaspoon baking powder.

Bake in slow oven about thirty minutes. —Mrs. Pilgreen

BREAD (Continued)

BISCUITS

Two cups flour, four teaspoons baking powder, one-half teaspoon salt, two tablespoons shortening, three-fourths cup milk.

Sift flour, baking powder and salt together. Rub in shortening. Add milk gradually, mix lightly to smooth dough. Turn out on floured board. Roll to one-half inch thickness. Cut with biscuit cutter. Bake in quick oven.

(Rumford Cook Book) —Mrs. C. E. Bowron

:o:

NUT BREAD

Three cups flour, two teaspoons Baking Powder, one cup raisins, one teaspoon salt, one cup pecans, one egg, one cup sugar, one cup milk.

Mix flour and sugar. Add salt and baking powder. Mix egg and milk. Pour into dry ingredients, then the nuts and raisins. Mix all thoroughly. Pour into a buttered papered baking dish and cook one hour in slow oven.

—Mrs. J. W. Johnston

:o:

HOT ROLLS OR BREAD

Nine cups flour (sifted), salt; one pt. warm water with sufficient sweet milk to turn white, with eight teaspoons sugar and one yeast cake dissolved in same; two helpings of lard and work dough until it won't stick to board, keeping as soft as possible. Let rise three hours in warm place, mash down and put in refrigerator until needed. To make rolls, roll out dough as for biscuits, cut with biscuit cutter, crease through center with dull knife and fold over; put in greased pan, let rise one and one-half hours, bake as biscuits.

For bread, make into loaves, let rise one and one-half hours. Bake in very slow oven one hour. If in hurry or very fine grain wanted always use two yeast cakes. —Mrs. J. E. Westbrooks

:o:

BROWN BREAD

One cup molasses, one cup corn meal, two cups Graham flour, two cups sour milk, two teaspoonsful soda, one tablespoonful sugar, one cup raisins or currants, one teaspoonful salt.

Mix and steam 5 hours if in one or two loaves. Three hours if in about four loaves. This is fine. —Mrs. Pill

BREAD (Continued)

VIRGINIA SPOONBREAD

One cup white corn meal, One tablespoon lard, one cup boiling water, two eggs, one teaspoon baking powder, one cup cold sweet milk.

Place in moderate oven in same pan it was mixed in and bake about thirty minutes. Serve with spoon—it certainly makes the butter fly. This is a fine lunch dish. —Mrs. Pill

———:o:———

LIGHT BREAD

To set sponge or yeast over night. Peel and boil three small potatoes; when done enough to mash lift out into a crock or sauce pan and mash. To this add one-half cup sugar and tablespoon salt. This will add potato water and enough cold water to make about one and one-half qts. in all. Dissolve one yeast cake in a little luke warm water and add to this mixture; cover corn and allow to stand over night. Next morning dip out into pt. jar. some (almost a pt.) of this beer. Set in a cool place for "starter" next baking or to use for a small batch later. Now add enough flour to make a stiff batter. Let stand until very light and frothy. Then add a big tablespoon of lard and enough flour to make into a stiff roll. Knead well until dough is smooth and elastic, adding flour to prevent sticking to bread board. Place in a well greased pan to rise till twice its original size, then shape into loaves or rolls as desired. Small pieces rolled thin, covered with sugar cinnamon and butter and rolled makes delicious cinnamon rolls. —Mrs. Piersol

———:o:———

WHOLE WHEAT BREAD

Four cups whole wheat flour, one cup white flour, two cups liquid, one yeast cake dissolved in warm water, four tablespoons shortening, two teaspoons sugar, one teaspoon salt. Let rise once, knead shape into loaves and rise again and bake —Mrs. W. F. Cahoon

———:o:———

PUFFS OR POPOVERS

One and one-half cups of flour, two eggs, whites and yolks beaten separately. Add the yolk to one cup of sweet milk; pour this into the sifted flour. Beat hard for ten minutes. Then add the beaten whites, salt; bake in greased gem pans in a hot oven. —Hines

BREAD (Continued)

SALLY LUNN

One pint of flour, two eggs, one-half cupful sweet milk, one-half cupful sugar, tablespoonful butter, one teaspoonful baking powder.

—Mrs. McKenzie

———:o:———

GRAHAM GEMS

Two cups graham flour, four tablespoons white flour, two teaspoons sugar, two teaspoons baking powder, one and one third cup water.

Heat gem irons hot, grease, fill two-thirds full and bake in hot oven 25 minutes.

—Mrs. J. W. Johnston

———:o:———

BROWN BREAD

Two-thirds cup molasses, one egg beaten with a big pinch of salt, one cup sour milk, two cups graham flour, one cup white flour, one teaspoon of soda dissolved in a tablespoon of warm water, one cup of raisins, if desired. Bake three-fourths of an hour in slow oven.

—Mrs. J. W. Johnston

———:o:———

SPLIT ROLLS

Two quarts of sifted flour, one well dissolved yeast cake, two Irish potatoes boiled and mashed fine, one large spoonful of lard and one of sugar.

Make into a sponge and set to rise. When light, knead well, adding flour if necessary; roll out very thin, butter and fold over; cut into small rolls. Place in pans; when light, bake in a hot oven.

—Mrs. W. E. Bare

———:o:———

NUT BREAD

Four cups sifted flour, two eggs, one tablespoon sugar, one and one-half cups milk, four teaspoons baking powder, one cup of shelled nuts.

Beat eggs; add sugar, milk, flour in which baking powder has been sifted. Add nuts last. Let rise about 20 minutes before putting in stove. Bake about 30 minutes. Hickory nuts are very fine for this.

—Mrs. C. E. Bowron

BREAD (Continued)

SWEET POTATO BISCUIT

One pint of mashed potato, two tablespoonsful of sugar, two tablesspoonsful of milk or water, a piece of lard the size of an egg, one-half teaspoonful of soda, flour sufficient to make a soft dough. —Mrs. W. E. Bare

MAIN 8683 PHONE FOR COAL MAIN 8683

We Recommend For

Your ARCOLA Our High Grade RED ASH COAL

Your FURNACE Our High Grade EMPIRE or CORONA

All Grades For Grate and Stove Use.

OUR MOTTO IS

"SHOT GUN SERVICE"

"HONEST WEIGHT"

SIMPSON COAL & TRANSFER CO. Inc.

1005 North 23rd Street

EMORY SIMPSON VERNON GRAY

GAMMELL DRUG COMPANY

1430 11th Avenue, South

MAIN 6024

UTOPIA

CLEANERS

AND

DYERS

MAIN 6537

"More of these flours used in the South than any two other brands. Southern Cooks are reputed to be the best in the world, and most discriminating."

BALLARD & BALLARD
COMPANY
Birmingham Branch 2409 Avenue A
Hemlock 2413—Main 1382

C. A. BAIN
ROOFING
SHEET METAL WORK
AND
FURNACE HEATING

FIVE POINTS BEAUTY SHOP
Shampooing, Scalp Treatment,
Facial Massage
Lanoil Permanent Waive a Specialty
PHONE MAIN 5636
1924½ 11th Avenue, South

S. M. BERNHEIM ELECTRIC CO.
2028 First Avenue
MAIN 5100

PHONE HEMLOCK 945
STANDARD
ICE COMPANY
FOR SERVICE
8th Avenue and 22nd Street, North

JONES & HERNANDEZ
MACHINE & FOUNDRY CO.
ELECTRIC AND
ACETYLENE PROCESS
212 South 21st Street

HOOPER-ALLBRITTON GROCERY CO., Inc.
Fancy Groceries and Fresh Meats
Phones Main 7877-7878 and 848
1427 14th Ave. South
Birmingham, Alabama

Compliments of
GOODMAN TRANSFER & WAREHOUSE COMPANY

VEGETABLES

SURPRISE CABBAGE

One small head cabbage, pepper and salt, one cup rice (cooked), one and one-half lb. roundsteak, one egg and milk.

Parboil the cabbage. Grind meat; mix with pepper, salt, rice, egg and enough milk to make the mixture rather soft. Fill the cabbage leaves with this mixture, fastening with toothpicks. Brown the filled leaves in a little dripping of fat, turning as they brown. Finish cooking either in fireless or if in oven, at slow heat, so they will be thoroughly cooked.

—Mrs. H. E. Hall

——:o:——

CREAMED CABBAGE

Shred cabbage and boil 20 minutes uncovered, in soft water. Drain and mix with white sauce.

—Mrs. McKenzie

——:o:——

CAULIFLOWER STEW

Break cauliflower in fine pieces, soak in salt water, stew until tender. Then add milk and butter, thicken with flour.

—Mrs. J. W. Johnston

——:o:——

STUFFED GREEN PEPPERS

Six large or small peppers. Cut tops off and take out all inside and wash in cold water and place in baking dish.

Put half cup of bacon drippings in frying pan; chop two onions fine and some of the peppers from the tops and fry until brown in the bacon grease. Then add one can of Campbells tomato soup and a quarter of a can of water. Crumble bread or biscuits fine and add enough to make the filling thick; stirring well. Take from the fire and fill the peppers, pouring what is left over the whole. Bake until the skins have turned and the whole is brown on top.

—Mrs. H. J. Mead

VEGETABLES (Continued)

SPAGHETTI WITH CHEESE

Boil one box of spaghetti in briskly boiling salt water until tender. Drain and add one cup of grated or sliced cheese and enough milk to almost cover. Let simmer on very low fire until cheese and milk have creamed.

—Mrs. Piersol

———:o:———

ESCALOPED POTATOES

Peel and slice enough Irish potatoes to fill your bake dish. Lay in a layer of potatoes, salt and pepper, and sprinkle over with flour, continue doing this till dish is full. Cover with milk; add a lump of butter and bake slowly till done thru. —Hazel Piersol.

———:o:———

ASPARAGRUS AU GRATIN

One can large stalk asparagrus, one cup grated cheese, two pimentoes cut in narrow strips, white sauce, toast.

Place strips of toast in baking or pyrex dish—lay strips of asparagrus on it with the strips of pimento on those. Heat white sauce to a boil; add cheese to it and pour over the contents of baking dish. Slip in oven for just one minute and serve immediately. —Helen Going

———:o:———

CAULIFLOWER

Cut off leaves and stalk close to big flower; soak in cold salt water, head down, one hour. Cook, head up, in boiling water until tender, salt 15 minutes before done. Serve just so, or with white or cheese sauce.

—Mrs. C. E. Bowron

———:o:———

RICE AND CELERY CROQUETTES

Two cups rice, cooked and cold. One-half cup chopped celery. Two tbl. strained tomato or tomato canned soup. One egg. One-eighth teaspoon beef extract or cube. One-half teaspoon salt. One-half small onion cut very fine, Two tablespoons butter.

Mix and form in croquettes and fry in deep hot fat. —Helen Going

VEGETABLES (Continued)

STUFFED EGG PLANT

Cut off top end of plant. Use a strong spoon and dig all of the meat out of the skin. Put through a meat grinder; grinding at the same time one onion, several slices of stale bread and several strips of cooked bacon. Season with salt and pepper and two tablespoons of bacon grease. Mix thoroughly, put back into the shell and bake until the shell falls and begins to crisp around the edge. Best baked on a pie pan with water enough to just barely cover the pan. —Mrs. H. J. Mead

———:o:———

EGG PLANT—FRIED

Pare, cut in one-fourth inch slices, soak 2 hours in cold salted water. Drain and dry on towel. Dip in egg and then crumbs and fry deep, hot fat.
—Mrs. C. E. Bowron.

———:o:———

DUCHESS POTATOES

Two cups of hot riced potatoes, one-half teaspoon salt, two tablespoons butter, two egg yolks.

Add butter, salt and yolks slightly beaten to the Irish potatoes and beat well. Put in a baking dish and brown in hot oven. —Mrs. Fred V. Parker

———:o:———

CREAMED SWEET POTATOES

Boil about two pounds of sweet potatoes until tender then cream and add three-fourths cup of sugar, one-fourth cup butter, half cup sweet milk, a little salt. Put in a pyrex dish and bake fifteen minutes. Just before removing from oven put marshmallows on top and let remain in the oven a few minutes to brown. —Mrs. F. V. Parker

———:o:———

SHREDDED BEANS

One quart tender snap beans; wash beans and string; shred twice through with sharp knife into water that you cook them in. Add pinch of salt and cook twenty minutes. Drain off water; add two tablespoons of butter, salt and pepper. Cook three minutes over slow fire.

This is fine with broiled steak. Will serve five people. —Mrs. J. R. Pill

VEGETABLES (Continued)

SCALLOPED CORN

Take a well buttered pan—put in a layer of crackers, then a layer of corn; put bits of butter on the corn and season with pepper and salt; repeat until the corn is used up; put a layer of broken crackers on the top with bits of butter. If one can of corn is used, pour one pint of milk over it and bake about twenty minutes. —Mrs. J. W. Johnston

———:o:———

DEVILED CORN

One and one-half spoonsful of butter; one and one-half cup sweet milk; three-fourths teaspoon mustard; one can corn; five tablespoonsful flour; one and one--half teaspoonful salt; pinch paprika; one egg; three teaspoonsful Worcestershire Sauce.

Melt butter, rub in flour, add milk, salt, mustard and paprika. Cook till thickened, add corn, egg and Worcestershire Sauce. Cover with butter and cracker crumbs, and bake thirty minutes in slow oven.—Mrs. Pill

———:o:———

STUFFED CABBAGE

Remove from a firm white cabbage cut in half, the center, leaving sufficient of the outside to hold together. Chop the part taken out fine, with one pound of sausage meat and a few strips of fat bacon; season highly with pepper and salt. Place in the cavity, bind tightly with a cord, put in a cloth and boil for two hours.

—Mrs. W. E. Bare

———:o:———

O'BRIEN AU GRATIN POTATOES

Two and one-fourth cupfuls diced cooked potatoes, one and one-half tablespoons flour, three tablespoons butter, one and one-half cupfuls milk, one teaspoon salt, one-eighth teaspoon pepper, five tablespoons minced green peppers, three-fourths cupful dry bread-crumbs, three-fourths cupful grated rich cheese.

Make cream sauce of flour, butter, milk and seasonings; add the green pepper and cheese. Cook till cheese is melted and then pour over the potatoes, (diced rather small). Put in buttered baking dish, cover with bread-crumbs, dot with butter and grated cheese. Brown in oven. Canned Pimentoes can be used for green peppers if liked.

—Mrs. C. E. Bowron

VEGETABLES (Continued)

CABBAGE

Quarter a firm head of cabbage taking out the core or stem; boil in a pot of water using no seasoning until it is quite tender. Drain and dress with a white sauce or butter; this is a very fine dish, far superior to the old way of cooking with meat. —Mrs. W. F. Cahoon

———:o:———

CORN PUDDING

Four ears of corn grated; two eggs; one-half cup milk; salt and pepper to taste. One tablespoon of butter scattered over top in bits. Bake.

—Mrs. Pill

———:o:———

SPAGHETTI

Two cups cold cooked spaghetti; one-half pound ground steak; one-fourth pound ground salt pork; one onion chopped fine; one can tomato soup—or tomatoes; one teaspoon chili powder—salt and pepper; three tablespoons fat drippings.; one cup cheese.

Melt drippings, add meat and onions; cook ten minutes stirring occasionally; add tomatoes and chilli powder and seasoning. Cook five minutes longer and pour over spaghetti and cheese which has been put in baking dish. Slip in oven until cheese is melted. —Helen Going

———:o:———

HASH BROWN POTATOES

Six cold cooked potatoes; one-half cup salt pork cut in dice or one-third cup butter; one small onion chopped; one green pepper chopped; salt and pepper.

Fry out pork or melt butter until hot in diced potatoes, onion and pepper, toss about until hot; season and let remain in pan without stirring til under side is browned. Invert in hot dish and serve, brown side up. —Helen Going

———:o:———

TOMATOES WITH SPAGHETTI

Put half box of spaghetti in salted, boiling water—let boil till tender. In another vessel cook a pint of tomatoes with one onion (chopped fine); season with salt, pepper and butter. When done, put tomatoes and spaghetti together in baking pan. Cover with bread or cracker crumbs, and dot with bits of butter; put in oven and bake till brown on top. —Elizabeth Arbough

VEGETABLES (Continued)

MIXED VEGETABLES

Cut turnips and carrots in small cubes; boil until tender in salted water; add one can peas. —Mrs. C. A. Riley

———:o:———

BAKED TOMATOES

Scoop out the hard center of whole tomatoes; fill with salt, pepper, sugar, butter and minced onion. Bake until tender. —Mrs. Riley

———:o:———

DEVILED SPAGHETTI

Three tablespoons butter; one tablespoon chopped onion; one tablespoon chopped green pepper; three tablespoons flour; two cups milk; one can deviled ham; one-fourth teaspoon Worchestershire sauce; one quart cooked spaghetti; three-fourths cup grated cheese.

Melt the butter. Add onion and pepper and cook for a few minutes. Add flour and blend thoroughly. Add the milk slowly, and cook until thickened, stirring constantly. Add the deviled ham, worchestershire sause, and a pinch of salt. Put the spaghetti in a baking dish; pour the sauce over it, and sprinkle with grated cheese. Cook about twenty minutes. —Mrs. McKenzie

PASTRY

BUTTER SCOTCH PIE

Mix one cupful dark brown sugar with three tablespoonsfuls flour and a pinch of salt. Add the yolks of two eggs, one teaspoon melted butter and one cupful of milk. Cook in double boiler until thick and pour in baked crust. Cover with meringue and brown in oven.

BUTTER SCOTCH PIE

Yolk of one egg, one cupful brown sugar, one tablespoon butter, one pint sweet milk, two tablespoons flour. Vanilla. Mix and cook until thoroughly done, (in double boiler). Put into rich pie crust, already baked; cover with meringue. —Mrs. C. E. Bowron

MOCK CHERRY PIE

Cover the bottom of a pie plate with paste. Reserve enough for upper crust. For filling use one cup of cranberries cut in halves, one-half cup raisins seeded and cut in pieces, three-quarter cup of sugar, one tablespoon flour, lump of butter size of walnut. Bake thirty minutes in a moderate oven. Some like a little more sugar. —Mrs. H. J. Mead

BUTTER SCOTCH PIE

Line a pie plate with good crust, prick it in two or three places, and bake until done. Remove and let it cool. Put the yolk of one egg into a sauce pan with a cupful each of brown sugar and milk, three tablespoonsfuls of flour, two tablespoonsfuls of butter, three tablespoonsfuls of water, a quarter of a teaspoonful of salt, and a teaspoonful of vanilla flavoring. Stir well and bring to the boiling point, then remove from the fire and pour into crust. Beat the white of egg stiff with a tablespoonful of powdered sugar and spread over the top. Then brown lightly in the oven. The pie is best cool, though it should not be chilled. —Mrs. J. R. Pill

PASTRY (Continued)

PLAIN PASTRY

One cup flour, sifted, two tablespoons shortening, one-half teaspoon salt.

Sift flour, and salt, cut in shortening with knife, mix lightly with ice water, fold and chill, then roll out and use for pie. —Mrs. C. E. Bowron

:o:

MOLASSES PIE

One cup molasses, three eggs, one cup sugar, one tablespoon flour. Cook sugar and molasses together until mixture forms a soft ball when cool. Beat eggs and flour well together; pour into this the cooked mixture, stirring all the while. Bake in pie tins with one crust. Do not cook too fast.

—Mrs. J. W. Johnston

:o:

TURNOVERS

One-half cup nuts, one cup raisins or dates mixed, one apple. Run all these thru a meat chopper; add one cup cocoanut (grated or shredded), two eggs beaten together; juice of one lemon or two oranges, one cup sugar, one spoon pet cream. Make pie crust rolled thick, cut out size of saucer, place one big spoonful in center, gather together the edges and pinch so they stay. Bake. This will make two dozen. —Mrs. J. W. Johnston

:o:

PASTRY

One and one-half cups flour, one-third cup lard, one-half spoon salt, ice water. Work lard into flour very carefully and mix into a dough with water sufficient to roll. Handle with care as the more it is handled the less tender it becomes.

—Mrs. McKenzie

:o:

COCOANUT CREAM PIE

One and one-half cups milk; one-third cup sugar; one-fourth teaspoon salt; three tablespoons corn starch; three egg yolks; one tablespoon butter; one-half cup shredded cocoanut; one-half teaspoon vanilla.

Add the sugar, cornstarch and salt to the egg yolks. Pour the scalded milk into this, return to double boiler, stir and cook until thickened. Add the butter, cocoanut and vanilla. Pour into pie pan lined with pastry. Bake, cover with meringue.

PASTRY (Continued)

ALMOND TARTS

One-fourth lb. almonds, three-fourths lb. oleomargarine, yolks of four eggs, flour, one and one-half cups sugar.

Beat the yolks of the eggs, adding the sugar and the margarine (after creaming). The almonds should be put through the grinder, then mixed with the other ingredients. Enough flour should be added to make a very stiff dough. Form the dough into little balls. (The forms for these tarts can be procured at almost any hardware store. They should be about the size of muffin tins, but should have fluted edges and are sold singly instead of in one as the muffin tins are.) The little balls should be put in the bottoms of the forms and pressed up into the forms until they are nearly filled. The heat used for baking should be quick and care should be taken not to scorch the little tarts, which should be removed from the oven when a delicate brown. These little tarts are delicious when filled with whipped cream, fresh fruit, etc. The recipe makes about 100 or slightly more of the tarts, dependent on the size of the form used. —Mrs. H. E. Hall

:o:

VINEGAR PIE

Mix one and a half cupfuls of sugar, two eggs, four tablespoons of vinegar, two tablespoons of flour, one tablespoon of butter and one teacupful of hot water. Flavor with nutmeg and bake in one crust. —Mrs. Pill

:o:

LEMON PIE

Scald one pint sweet milk in double boiler, smooth with water, two tablespoons corn starch and add to milk, when it thickens, take off fire, add one-half cup sugar, good lump butter and salt to taste. When cooler beat two yolks of eggs and add to mixture, then the grated rind of one large lemon and juice of one and one-half lemons. Put mixture in pastry (already cooked) and let stand in moderate oven fifteen or twenty minutes; take out and cool, use egg whites for meringue. Put in oven to brown meringue.

—Mrs. C. E. Bowron

:o:

BANBURY TARTS

Take one cup chopped raisins, grate rind and juice of one lemon, one egg and one cup of sugar. Set on stove and let simmer until well cooked; set aside to cool. Make a pastry as usual. Cut it the size of a saucer. Place a teaspoon of the raisin mixture in the center and fold over, pinch the edges together. Brush over with melted butter and bake. Fine for lunches or picnic dinner. —Hines

PASTRY (Continued)

RAISIN PIE (Two Pies)

One cup sugar, one cup chopped raisins, one-half teaspoon ground cloves, one-half teaspoon soda, one tablespoon cornstarch, one cup buttermilk, yolks five eggs. Cook in double boiler till custard thickens. Whites of eggs for meringue. (Mrs. Edward Tanner.) —Mrs. J. E. Westbrooks

———:o:———

BUTTER SCOTCH PIE

One egg, one cup dark brown sugar, one cup milk, three tablespoons flour, two tablespoons butter, three tablespoons water, one fourth teaspoon salt and one-half teaspoon vanilla. Beat egg separately, saving white for frosting—cream sugar and butter. Add egg yolk, milk, flour and other ingredients. Cook till thick and fill already baked crust.

———:o:———

SPICE PIE (Two Pies)

Yolks of five eggs, white of one, two good sized pieces of butter, one and three-fourths cups sugar, one and one-half cups cream or milk, one tablespoon cornstarch, one teaspoon each of cinnamon, all spice and nutmeg. Use whites for meringue. —Mrs. J. E. Westbrooks

———:o:———

KARO SYRUP PIE

One cup dark Karo Syrup, one and one-half cup milk, yolks of two eggs, two tablespoons of flour, one tablespoon of butter. Cook in double boiler until very thick. Bake pastry shell separate and fill when cool. Add meringue of beaten egg whites. —Mrs. Riley

———:o:———

PASTRY

Three cups flour, one heaping cup lard, three tablespoons sugar, one-fourth teaspoon salt, one-half teaspoon baking powder.

Sift together the flour, salt and baking powder; rub in lightly with fingers the lard; mix to a firm dough with about one-fourth cup ice cold water and roll out on a floured board. —Mrs. McCreery

PASTRY (Continued)

PINE APPLE PIE (Cake Part)

Three eggs, one cup of sugar, one-half cup of hot water, one cup of sifted flour, one level teaspoon salt, grated rind and juice of one-half lemon.

Beat the eggs with half the sugar till they thicken; add the water and remainder of sugar and beat again. Add the lemon then the flour sifted with salt and baking powder—folding these in as gently as possible. Then take one can of sliced pineapple drain well, let this drain while you melt one and one-half cups brown sugar in the pan you will bake in, then cover the bottom of the pan with slices of pineapple then pour over this your cake batter. Bake about thirty minutes, slice and serve with whipped cream.

—Mrs. Pilgreen

RICH—
MELLOW—
PALATABLE—

The kind that glorfies the breakfast table—That's

RYOAL CUP COFFEE

BATTERTON COFFEE CO.

KNIGHT ELECTRIC CO.

2023 Fourth Avenue

ELECTRIC FIXTURES AND WIRING

E. E. FORBES
& AND SONS PIANO CO.

Player Pianos
Phonographs
Records—Radiolas

1922 3rd Avenue, N.

PHONE M. 3698

Compliments of

BIRMINGHAM CHERO-COLA COMPANY

Bottlers of
Chero-Cola and Ne-Hi Beverages

SNOW WHITE
LAUNDRY

Damp Wash
5c per lb.

Minimum Bundle
75c

Charles St., & Tuscaloosa Ave.

CLARENCE
SAUNDERS
STORES
Where Everything Is The Best
and The Most Reasonable

MERCANTILE
SUPPLY CO.
Inc.
Groceries, Feed and Hardware
WHOLESALE-RETAIL
Phone 562 2231 Second Ave.

W. B. EMOND
AND SON

Birmingham's Modern Grocery

24th Street and Avenue G, So.

JOHN M. WRIGHT
AND COMPANY
Plumbing and Heating
1710 First Avenue
Birmingham, Alabama
Office Phone Main 14
Residence Phone Main 3225

FILLINGS

CARAMEL NUT FILLING

Three cups of brown sugar, one-half cup of cream, one-fourth cup water, one tablespoon of vanilla; boil all the ingredients about five minutes, beat until it thickens. Add one-half cup of nut meats, then spread.

—Mrs. L. M. Vickery

———:o:———

MARSHMALLOW COOKED ICING

Boil two cups granulated sugar and three-fourths cup water until it begins to spin and thread then pour eight tablespoons of this boiling syrup over the well beaten whites of two eggs, whip in well and then add eight marshmallows. Let the remaining portion of syrup boil until real thick, pour this over mixture and whip until marshmallows dissolve, then add two tablespoons of lemon juice. Whip until creamy. —Mrs. L. M. Vickery

———:o:———

"LEMON BUTTER"

Beat six eggs, one-fourth pound of butter, one pound sugar rind and juice of three lemons. —Mrs. McKenzie

———:o:———

WHITE ICING (Soft and White)

Two cups sugar, one cup boiling water, two egg whites, one-fourth teaspoon cream tartar, (a little lemon juice keeps it white), flavor to taste. Cook water sugar and cream tartar for about 5 minutes. Have egg whites beaten stiff with a little salt, then pour a small amount very slowly over eggs and beat, then cook syrup a little longer and pour a small amount in eggs again, then cook syrup until it forms a hard ball and pour it slowly on eggs, beating constantly until all is used, then add a little lemon juice and the flavoring, beat until right to spread. —Mrs. C. E. Bowron

FILLINGS (Continued)

CHOCOLATE FILLING

Two cups sugar, one-half cake bitter chocolate, one small can pet cream. Mix well and stir while cooking till a soft ball will be formed when tested in water. Remove from fire, let cool a few minutes and beat till thick enough to spread nicely. —Hazel C. Piersol

———:o:———

CARAMEL FILLING

Two lbs. extra C. sugar, one cup of sweet milk, butter size of an egg; boil till thick as jelly then beat until cool enough to hold vessel in hand, flavor with vanilla. Put a little in a pan to keep warm for outside cover. Put butter in just before beating. —Mrs. J. R. Pill

———:o:———

CAKE FROSTING (Cake frosting that does not become brittle)

One and one-half cups sugar, three-fourths cup cold water, pinch of cream of tartar. Boil until the syrup threads; add a pinch of cream of tartar to the whites of two eggs and beat to a stiff froth. Add syrup and a teaspoon of flavoring. Beat until cool. The cream of tartar keeps the frosting soft and light. —Mrs. Pill

———:o:———

CARAMEL ICING (Good)

Two cups sugar (white ganulated), one and one-half cups rich milk, one-half cup caramel syrup, one tablespoon butter. Put three cups of sugar and the milk on fire, stir to nice syrup, watch carefully. Melt the one-half cup of sugar in clean, dry skillet, let brown well, but don't burn. When milk and sugar boils up well and caramel is all melted, pour together, (when both are same heat it won t crystalize). Cook until forms a soft ball in water. Put in butter and vanilla flavoring, just when you take from fire, let it cool a little and then beat until creamy but not too set, should it get too stiff, add a little cream or hot water. —Mrs. C. E. Bowron

———:o:———

ORANGE ICING

One box of powdered sugar, one orange. Pulverize sugar until all lumps are out then add the grated rind and juice from one large orange or enough of the juice to make the mixture creamy enough to spread evenly on the cake. This is delicious and will soon dry and make a smooth yet soft icing. —Hazel C. Piersol

FILLINGS (Continued)

FROSTING

One cup sugar, one-half cup water, boil together until quite thick. Pour slowly over a well beaten egg white. Beat until light and creamy.
—Mrs. W. F. Cahoon

———:o:———

ALMOND FROSTING

Two cups granulated sugar, boiled with four tablespoons water for five minutes; then pour it over whites of three eggs beaten to froth. Beat the whole until cold and add to it one-half pound of almonds, blanched and pounded to a paste. Nice for sponge, delicate or white cake. —Mrs. J. W. Johnston

———:o:———

SOFT FROSTING FOR CAKE

One cup of white sugar, five tablespoons sweet milk. Boil six minutes. Flavor. Beat until white. —Mrs. J. W. Johnston

———:o:———

FROSTING

One cup sugar, one-half cup water, boil till threads from spoon and beat into the beaten white of one egg, eight or ten marshmallows cut up in the egg before adding the syrup, makes it stand up well. —Elizabeth Arbaugh

———:o:———

COCOANUT FILLING

One grated cocoanut, small cup sugar, white one egg, beaten. Mix together and stir in enough cocoanut milk to make it moist enough to spread. Ice the outside of the cake. —Mrs. McKenzie

CAKES

TIPSEY CAKE

1 lb. of Pound cake (preferably three days old), one qt. whipped cream, one cup shelled pecans, egg custard made of the following ingredients—three eggs, three heaping tablespoons sugar, level tablespoon flour, one pint sweet milk, pinch of salt. With the hands crumble the pound cake and mix with custard; into this stir one pint whipped cream and pecans cut into small pieces. Serve ice cold with whipped cream on top. Maraschino cherries may be added if desired. This quantity will serve twenty people. —Mrs. McCreery

———:o:———

SPONGE CAKE

Two eggs, one cup flour, one cup sugar, one teaspoon baking powder, one teaspoon lemon extract, one-half cup water, pinch salt.

Cream eggs and sugar. Add flour, baking powder and salt sifted together. Mix with water and extract and beat again. Bake in moderate oven about 30 minutes. —Mrs. McCreery

———:o:———

SPICE CAKE

Four eggs, two cups sugar, two cups flour, three-fourths cup butter, one cup milk, one tablespoon cinnamon. Beat butter and sugar to a cream and eggs separately. Bake in a shallow pan. When done spread over top a thin icing made of the whites of one egg and a little sugar and half tablespoon of cinnamon, two teaspoons baking powder and salt a little. —Mrs. McCreery

CINNAMON CAKES

One cup sugar, one-half cup butter, one good half cup of milk, one and one-quarter cups of flour, two eggs, two and one-half teaspoons of baking powder, two tablespoons of cinnamon. Beat well and bake in muffin tins. —Mrs. J. W. Johnston

CAKES (Continued)

MOCHA CAKE

Two cups sifted pastry flour, three teaspoons baking powder, one-half teaspoon salt, one and one-fourth cups sugar, four tablespoons cocoa, seven eighths cup cold coffee, one-half cup melted fat, two eggs separated, one-half teaspoon vanilla, one-fourth teaspoon cinnamon.

Sift together all dry ingredients including sugar. Add coffee, fat, egg yolks unbeaten, and flavoring. Stir quickly and fold in egg whites beaten stiff. Bake in two layers. —Mrs. Fred V. Parker

——:o:——

NUT CAKE

Six eggs, one lb. sugar, one lb. flour, one-half lb. butter, one and one-half lb. seeded raisins, three lbs. pecans (weighed before shelling), one grated nutmeg, one heaping teaspoon baking powder. Mix thoroughly, pour into a well greased buttered baking dish and cook in slow oven about three hours.

—Mrs. J. W. Johnston

——:o:——

DELICATE CAKE

Three cups flour, one-half cup butter, two teaspoons baking powder, two cups sugar, three-fourths cup milk, whites of six eggs, one-half teaspoon vanilla.

—Hazel C. Piersol

——:o:——

SILVER CAKE

Five egg whites, two cups sugar, one cup butter, one cup sweet milk, three and one-half cups flour, two teaspoons baking powder, one teaspoon flavoring. Cream sugar and butter thoroughly together. Add dry ingredients alternately with the liquid to the creamed mixture, stirring, then beating. Add flavoring and fold in whites of eggs beaten stiff. This makes three large layers or a large loaf. —Mrs. Fred V. Parker

——:o:——

MY FAVORITE WHITE CAKE

Butter, one cup; milk, one cup; whites of four eggs; sugar, two cups; flour, three cups; vanilla. Bake either in layers or loaf. —Hazel C. Piersol

CAKES (Continued)

COOKIES

One cupful butter, two cupfuls sugar, three eggs, five tablespoon sour milk, five cupfuls flour, one-half teaspoonful soda. Dissolve the soda in the milk, flavor with nutmeg. —Mrs. W. E. Bare

———:o:———

JAM CAKE

One cup sugar, one-half cup butter, three eggs, one cup blackberry jam, one and one-half cups flour, three tablespoons of cream or rich milk, one level teaspoon each of soda, all spice nutmeg, cinnamon. Bake in layers. Ice with english walnuts of jelly between layers. —Mrs. Pill

———:o:———

OATMEAL COOKIES

Three-fourths cup fat, two eggs, five tablesspoons water, one teaspoon cinnamon, two cups oatmeal, one cup sugar, one cup raisins, one teaspoon soda, two cups flour, one-half cups nut meats. Cream fat, add sugar, then beaten eggs. Cook raisins in the water until tender. Add cinnamon and flour in which the soda has been sifted. Add the oatmeal, lastly. Raisins and nut meats dredged in flour. Drop from a spoon on a greased pan and bake in hot oven. Makes three dozen. —Mrs. Pill

———:o:———

WHITE MOUNTAIN CAKE

Two cupfuls sugar, one cupful butter, two-third cupful milk, three teaspoonsfuls baking powder, three cupfuls flour, five eggs beaten separately.

Bake as for jelly cake and put together with icing made of the whites of three eggs and one pound of powdered sugar. —Mrs. W. E. Bare

———:o:———

CHOCOLATE SPICE CAKE

Two cups sugar, two eggs beaten separately, one stick butter, two cups flour, (measure before sifting), two teaspoons baking powder, one and one-half cups milk, one-half Bakers Chocolate, one-half teaspoons cinnamon, few gratings nutmeg, one-fourth teaspoon cloves, one teaspoon vanilla. Bake in two layer tins and put together and cover with soft white icing.

—Mrs. C. E. Bowron

CAKES (Continued)

DOMESTIC FRUIT CAKE

Two cups dried apples soaked over night, in the morning chop fine and boil one hour in one cup molasses, then add one cup sugar, one cup sweet milk, one cup butter, one bowl raisins, or more if wanted rich, also currants, two eggs, four cups flour, one heaping teaspoon soda, one teaspoon each cinnamon, mace, nutmeg, cloves, ginger and allspice. —Mrs. H. J. Mead

:o:

ORANGE CAKE

Two eggs, one cup of sugar, one tablespoon melted butter, one-half cup of milk, one and one-half cups of flour, two teaspoons baking powder, one tablespoon of orange juice, one teaspoon grated rind, mix in order given and bake in square pan split and fill with orange cream. Orange cream:—Put into a cup the rind of one-half and the juice of one orange, one tablespoon of lemon juice, and fill with hot water. Strain and put on to boil, add one tablespoon corn starch, wet with cold water and cook ten minutes, being careful not to scorch. Beat yolk of one egg with two heaping teaspoons sugar, add to the mixture with one teaspoon butter, let cook until butter is dissolved and cool. Fill the cake with cream and frost with orange icing. Lemon cake is made by same recipe using lemon instead of orange.

—Mrs. H. J. Mead

:o:

FARMER'S FRUIT CAKE

Two cups molasses, one cup sugar, one-half cup butter or lard. Mix thoroughly, then sift in four and one-half cups (or more if necessary) flour, one teaspoon soda in cup and pour one cup boiling water over same, add spices to taste, pinch salt, break two eggs into batter after everything else is added. One box raisins and one large tart apple cut fine and added last. Bake in very slow oven two hours. —Mrs. J. E. Westbrooks

:o:

YELLOW CAKE

Four eggs, one and one-half cups of sugar, one-half cup of butter, three cups sifted flour, one-half cup of milk, heaping teaspoon baking powder. Cream sugar and butter and stir in yellow of eggs. Add milk, put in half of flour. Beat. Add whites of eggs and rest of flour. —Mrs. Pill

CAKES (Continued)

COFFEE CAKE

One cup sugar, two eggs, one cup dark molasses, three-fourths cup butter and lard mixed, (or any shortening), one cup strong cold coffee, (or you can use sour milk), four cups flour, one teaspoon soda, one cup chopped raisins, one cup chopped nuts, (if you have them, better with, but nice without), two teaspoons cinnamon, one teaspoon cloves, one-half teaspoon nutmeg, little salt if no butter is used. Bake slowly in fruit cake pan with funnel for two hours. —Mrs. C. E. Bowron

———:o:———

ICE BOX CAKE

One lb. of lady fingers, two cups sugar, one-half lb. of butter, six eggs, one-fourth lb. chocolate. Cream sugar and butter and add well beaten yolks to this. Pour in melted chocolate and stiff whites and beat well. Line a bowl with oil paper and then alternate a layer of lady fingers (split open), and filling. Let stand in ice box over night and serve with whipped cream.

—Helen Going

———:o:———

ANGEL FOOD CAKE

Eleven eggs—white, one cup flour, two teaspoons cream tartar, one and one-fourth cups sugar, one-half teaspoons of lemon juice, teaspoon vanilla extract, one-fourth teaspoon of salt. Beat whites until foaming, add cream of tartar and one-half teaspoon of lemon juice—beat until stiff and dry, one and one-fourth cups of sugar added gradually, beating all the time. Fold in flour lightly. Sift flour and sugar five (5) times. Add flavoring. Turn quickly into ungreased pan. Bake in moderate oven 45 minutes. —Mrs. L. M. Vickery

———:o:———

APPLE SAUCE CAKE

One cup sugar, three teaspoons cinnamon, one teaspoon cloves, one and one-half cups unsweetened apple sauce mixed with two teaspoons soda, three fourths cup raisins, one-fourth cup currants, dredged with two tablespoons flour, two and one-half cups flour, one-half cup melted butter. Measure ingredients in order given in a bowl. Beat vigorously. Bake in a well greased loaf tin. —Mrs. L. M. Vickery

CAKES (Continued)

SPONGE CAKE

Four eggs, two cups flour, two teaspoons baking powder, one and one-half cups sugar, two-thirds cup boiling water; beat eggs and sugar thoroughly together. Flavor as desired. —Mrs. Cahoon

:o:

JAM CAKE

Four eggs, one-half cup butter, one cup sour milk, one teaspoon soda, two and one-fourth cups flour, one-half teaspoon baking powder, one cup sugar, one cup jam, one teaspoon all spice, one teaspoon cloves, one ounce cinnamon. —Mrs. Cahoon

:o:

BROWNIES

Two sq. chocolate, melted; one-third cup shortening, salt, one cup sugar, three eggs, one cup flour, heaping teaspoon baking powder. To chocolate add sugar, salt and shortening, beat three eggs into this and add flour and baking powder. Beat well and pour into buttered pan about one-fourth inch thick. Bake in a very slow oven. Nuts may be also added. —Helen Going

:o:

POOR MANS CAKE

Sugar, one-half cup; molasses, one-half cup; buttermilk, one cup; lard, one tablespoon; one and one-half teaspoon soda; flour to make rather stiff. A teaspoon each of cinnamon, cloves, ginger, and allspice; fruit or nuts may be added if desired. —Hazel C. Piersol

:o:

JAM CAKE

Four eggs, one cup sugar, one cup blackberry jam, one-half cup sour cream or buttermilk, one light cup butter, one teaspoon soda, one teaspoon nutmeg, one teaspoon spice, one teaspoon cloves, one teaspoon cinnamon, two cups flour. Beat eggs all together with one-half sugar, other half with butter. Mix these with the jam and sour cream or buttermilk, then stir in the dry ingredients. Bake slowly for an hour. —Mrs. McKenzie

CAKES (Continued)

WHITE CAKE

One cup butter, two cups gran. sugar, one cup cold water, four cups flour, whites of six eggs, three teaspoons baking powder, flavor as desired. Cream butter and sugar, add water and flour alternately beating well. Sift flour and baking powder well; last, fold in the well beaten whites. Bake in layers or in loaf about 40 minutes. Have caramel filling. —Mrs. Pilgreen

DELICIOUS TEA CAKES

Two eggs, one cup sugar, one cup of butter (or mixed lard and butter), two teaspoons Cream of Tartar sifted in one cup of flour, one teaspoon of soda, two tablespoons of sweet milk, two teaspoons of vanilla, one quart flour.

After rolling thin, sprinkle with sugar and bake quickly; cut round or any shape. —Mrs. T. S. McCalley

SPICE CAKE

Two cups brown sugar, one-half cup butter, two eggs, saving white of one for icing, one cup buttermilk, two and one-half cups flour, one teaspoon soda in the milk, one teaspoon allspice, one teaspoon nutmeg. Ice the top.

—Elizabeth Arbaugh

SUNSHINE CAKE

Seven eggs, beat separate, one cup of sugar sifted three times, add to well beaten whites then add yellows; sift one cup of pastry flour three times, add two-thirds teaspoon of cream tartar to flour; fold flour lightly into eggs and sugar. Bake in moderate oven. —Mrs. Riley

SPICE DROP CAKES

One tablespoon melted butter, three-fourths cup sugar, one-half cup milk, one egg, two cups flour, one teaspoon each of nutmeg, cinnamon, allspice, vanilla, one cup of raisins. Drop by spoonsful in buttered pan; bake about twenty minutes. —Mrs. Riley

CAKES (Continued)

ANGEL CAKE

Ten fresh eggs beaten very stiff, add to eggs one level teaspoon of cream of tartar; sift one and one-fourth cups of sugar five times, add to beaten eggs; sift one cup of pastry flour five times, fold lightly into eggs; do not beat as it is apt to toughen cake. Bake 40 minutes in moderate oven. Do not grease cake pan. —Mrs. Riley

:o:

SPICE CAKE (Or Spanish Buns)

Four eggs, three-fourths cup butter, one cup milk, two cups flour, two tablespoons cinnamon, two teaspoons baking powder and salt a little.

Beat butter and sugar to a cream, and eggs separately. Bake in a shallow pan. When done spread over top a thin icing made of the white of one egg, a little sugar and half a teaspoon of cinnamon. —Mrs. McCreery

:o:

FOUNDATION RECIPE (Splendid)

One cup shortening, two cups sugar, four eggs, four cups flour, two teas. baking powder, one cup milk, one teas. lemon extract. Cream shortening and sugar; add eggs one at a time, beating vigorously after each one; add alternately flour and milk, then extract, and beat thoroughly; pour into two buttered cake tins for thick layers or three tins for three layers. Put in a very hot oven and immediately turn fire almost out. The cake will cook in about 20 minutes when the blaze can be raised to brown it. Also makes good cup cakes. —Helen Going

:o:

TEA CAKES

One cup butter, one cup sugar, three eggs, all beaten to a cream; use just enough flour to roll. —Mrs. J. E. Westbrooks

ICES AND SHERBETS

GINGER ICE

Two cups sugar, one cup lemon juice, one quart water, one-half cup preserved ginger, one-half cup ginger syrup. Boil the sugar and water, add lemon juice, ginger (preserved, not crystalized) cut in small pieces and the ginger syrup. Cool and freeze. —Mrs. C. E. Bowron

———:o:———

ICES

Make lemonade to taste, any amount desired, then add fruit or juices for the desired flavor, freeze till slushy, then add three whites of eggs well beaten to each one-half gallon.

———:o:———

PINEAPPLE ICE CREAM

Four cups milk, one-half tbsp. gelatine, one cup sugar, one cup grated pineapple. Heat one cup of milk, dissolve gelatine in a tablespoon of cold milk, and add to hot milk. Stir until thoroughly melted. Add other ingredients and stir until sugar is dissolved. Strain the pineapple and use only the dry, grated fruit. Freeze quickly and pack until hard.

—Mrs. McKenzie

———:o:———

ORANGE SHERBET

Two cups milk, one orange, one lemon, two egg whites, one-half cup sugar. Grate rind of lemon and orange squeeze out juice, add lemon and orange juice slowly, stirring. The milk may have a slightly curdled appearance after this, but it disappears in the freezing. Freeze quickly and pack until hard.

—Mrs. McKenzie

ICES AND SHERBETS (Continued)

APRICOT ICE

One pint of apricot juice, three lemons, one quart of water, sweetened to taste. Place in freezer, when partly set add beaten whites of two eggs. Any kind of ices can be made in this way by using different fruit juices.
—Mrs. J.W.Johnston

———:o:———

CUSTARD FOR ICE CREAM

One pt. milk, one pt. cream, three eggs, one and one-half cups sugar. Heat milk and add well beaten eggs and sugar. Let simmer till thickens. Cool and freeze. Flavor to taste or add any fruit just before freezing.
—Hazel C. Piersol

———:o:———

PLAIN STRAWBERRY ICE CREAM (Very Good)

Rub one qt. strawberries through a sieve, add one qt. cream and three-fourths lb. sugar—freeze. —Hazel C. Piersol

———:o:———

JUNKET ICE CREAM

One junket tablet, one-half pint cream, one quart milk, one heaping cup sugar, one tablespoon cold water, one tablespoon vanilla extract.

Warm the milk slightly, stir with it the sugar and vanilla, then the tablet dissolved in the water. Stir well a moment and pour into freezer can. Let stand for 15 minutes in warm room undisturbed. Then freeze as any other ice cream. Add cream just before it gets hard. —Mrs. Pill

———:o:———

NUT CREAM

One-fourth lb. almonds (blanched and minced), one-half lb. pecans, one-fourth lb. English Walnuts, one-half wine glass brandy, sherry or any good wine, one quart double cream, one-half cup milk (hot), one and one-half cups sugar. Dissolve sugar in milk, when cool add the whipped cream, flavor with one teaspoon vanilla and fold in nuts, when it begins to freeze add the wine or brandy; can leave out the wine or brandy. —Mrs. C. E. Bowron

ICES AND SHERBETS (Continued)

ORANGE SHERBET

Juice four oranges, one cup sugar. Freeze awhile, then add the beaten whites of three eggs and one pint of cream which has been whipped, finished freezing. —Mrs. C. E. Bowron

:o:

GRAPE NUTS CREAM

One and one-half pints of milk, two eggs, one cup sugar, bring to a boil, cool and add one-half pints of thick cream and three-fourths cup of grape nuts, one teaspoon of vanilla—freeze. —Mrs. C. A. Riley

:o:

PINEAPPLE SHERBET

Grate two pineapples and mix with two quarts of water and a pint of sugar, add juice of two lemons and beaten whites of four eggs. Freeze.
Mrs. J. W. Johnston

:o:

ICE CREAM

Three quarts of milk, when hot stir in flour mixed with a little milk to make a consistency of cream. Sugar to taste, cook well and cool, then add two quarts of whipped cream and freeze. —Mrs. J. W. Johnston

:o:

FROZEN VELVET

One cup water, one cup sugar, boil to a syrup. When cool, add the well beaten whites of five eggs. Beat this mixture until thick; add slowly one cup orange juice, juice of one lemon and teaspoon lemon or orange extract, beating all the time. Fold in lightly one pint whipped cream and freeze.
—Mrs. C. E. Bowron

ICES AND SHERBETS (Continued)

BIG FOUR

Juice of four oranges, juice of four lemons, four bananas cut fine, four cups of water, four cups of sugar, whites of four eggs beaten stiff. Add to other ingredients after it is partly frozen. —Mrs. Riley

———:o:———

VANILLA CREAM CUSTARD

Three pints milk, two cups sugar, four eggs, one tablespoon flour, two tablespoons vanilla, one pint cream. Boil milk and eggs and sugar in double boiler, thicken with the flour and cook until a thin custard is formed. Cool and add vanilla and cream and freeze. —Helen Going

DESSERTS

APPLE FLOAT

One quart of stewed apples made very sweet, seasoned and flavored with cloves and nutmeg, pressed thru a sieve. Beat the whites of six eggs to a stiff froth, beat these thoroughly with the apples. Serve with whipped cream.
—Mrs. W. E. Bare

———:o:———

BAKED CUSTARD

Two eggs, one and one-half cups cream, one and one-half cups water, one-fourth tsp. salt, one-half cup sugar, one-half tsp. vanilla. Beat eggs, add other ingredients, put in buttered pan which is set in pan of hot water. Bake until stiff. This serves six people. —Mrs. McKenzie

———:o:———

APPLE FROTH

To a cup of thick cream add one cup of mashed fruit and four tablespoons of sugar. Whip good and place in cup lined with maccaroons. When ready to serve, cover with whipped cream and almonds. —Mrs. J. W. Johnston

———:o:———

PRUNE WHIP

One lb. prunes, one-half cup nutmeats, whites of two eggs.

Cook the prunes until rather soft, but not broken. Remove pits and then chop prunes until rather like a paste. Add confectioner's sugar and the whites of eggs beaten stiffly. Grease a baking dish and put the pudding in the oven at a rather slow heat until the top is browned. The pudding takes about thirty or forty minutes to bake and should be allowed to cool before serving with whipped or plain cream. When the pudding is baked at the proper heat, it will rise until it is about three times the size it is when put in oven and is very light and fluffy lookng. —Mrs. H. E. Hall

DESSERTS (Continued)

COFFEE CREAM

One cupful good coffee, one-half pint whipped sweetened cream, one pint boiled custard, whole almonds and maraschino cherries, four small sponge cup cakes. Slice the cakes and place in a glass dish. Pour over them the coffee sweetened to taste, let stand 15 minutes. Pour the custard over this, which should be flavored with vanilla and let stand untill serving time. Garnish with the whipped cream, almonds and cherries. Stale, plain sponge or angel cake may be used also. —Mrs. C. E. Bowron

———:o:———

STRAWBERRY SHERBERT

Three qts. strawberries, cover with sugar and allow to stand about an hour. Strain through sieve. Add one pint of water and juice of two lemons and freeze. —Mrs. Bowron

———:o:———

APRICOT WHIP

One lb. dried apricots, one cup sugar or more if apricots are unusually sour, one-half pint cream, three-fourths cup nut meats, two egg whites.

Thoroughly wash and cook until tender the apricots. Press through sieve, add sugar and mix thoroughly. Fold in stiffly beaten egg whites. Place i oven for a few minutes. Remove and when cold whip the cream and ad that and the nut meats. Serve with plain cake. —Mrs. H. E. Hall

———:o:———

MARSHMALLOW PUDDING

Dissolve a generous tablespoonful of gelatine in one cupful of hot wate and then let it cool. Stir into it one cupful of sugar, the stiffly beate whites of three eggs and beat until it becomes quite thick. Divide an flavor one-half with one teaspoonful of vanilla extract and add one cup chopped candied fruits; flavor the other half with one teaspoonful of stra berry extract. Add a few drops of red color and one-half cupful of chopp nut meats. Put into wet molds and turn out when set. Serve with whipp cream.

—Mrs. McKenzie

DESSERTS (Continued)

COCOANUT CUP CUSTARD

One grated cocoanut, one-half cup cocoanut milk, one cup sweet milk, one-half cup of sugar, (or to taste) pinch of salt, two eggs, lump butter, flavor to taste. Mix cocoanut with other ingredients (save enough to sprinkle on top). Pour into buttered custard cups or in one pan. Put in pan of water in moderate oven and bake until firm. Sprinkle balance of cocoanut on top and brown in oven or under broiler. —Mrs. C. E. Bowron

———:o:———

CHARLOTTE RUSSE

Beat yolks of eggs into one pint of scalding milk, boil and let cool, beat whites of egg until light, add powdered sugar until stiff, add one pint whipped cream, stir in custard flavor with anything you have. Let stand on ice two hours. Serve over lady fingers. —Mrs. Pilgreen

———:o:———

ORANGE JELLY

One box gelatine, one pint cold water, one cup sugar, one cup orange juice, juice of one lemon. Cut oranges in half, save juice, scoop out pulp, fill each half with the jelly and let congeal, serve tied together with white ribbon as a whole orange, or in half. —Mrs. C. E. Bowron

———:o:———

BAVARIAN CREAM

One pt. new milk, one pt. cream, one-half box gelatine, five eggs, whites only. Dissolve the gelatine in sufficient water to cover it, set it on the stove and let it come to a boil. Make the cream very sweet and add to it the whites of the eggs, beaten to a stiff dry froth; then add the other ingredients. Beat thoroughly half an hour and pour into moulds. Serve cold.

—Mrs. W. E. Bare

———:o:———

PINEAPPLE JELLY

One-half pint cold water, one pint boiling water, two lemons, one cup pineapple juice, one cup pineapple cut in small pieces, one box gelatine.

Put pineapple juice, sugar and boiling water on fire, when boiling pour over gelatine which has been soaked in the cold water. When cold and before it begins to set, add fruit. —Mrs. C. E. Bowron

PUDDINGS

GRAPE NUTS & APPLE PUDDING

One and one-half cups grape nuts, one cup sugar, one large or two medium apples, one cup water, spices to taste. Slice apples thin, place a layer in baking dish then a layer of grape nuts, sprinkle with sugar and spices. Continue this until apples are used up and then pour over all the cup of water. Bake until done and let cool. Serve with whipped cream and nuts. —Mrs. H. J. Mead

———:o:———

FIG PUDDING

Two and one-half cups bread crumbs, one-half cup of suet or butter, one cup chopped figs, one cup milk, two eggs, one-half cup syrup or sugar; mould and steam three hours—serve with hard sauce. —Mrs. Riley

———:o:———

TAPIOCO CREAM

One-half cup minute tapioco, one quart milk, pinch of salt; cook till thick and clear, stirring all the time; when done add one-half cup sugar and yolks of two eggs beaten together. Whip egg whites stiff, spread over top and brown in oven. —Elizabeth Arbaugh

———:o:———

RICE PUDDING

To a cup or more of cold rice add one to two eggs and enough milk to double quantity, one cup raisins; bake until thickened. If desired the following sauce may be used. Sauce—One cup water,.large lump butter, one tablespoon flour, one-half cup sugar, one-half teaspoon vanilla. Serve hot.

—Hazel C. Piersol

PUDDINGS (Continued)

CHOCOLATE PUDDING

One qt. milk, one-half cup chocolate four eggs, yolks only, three tablespoons corn starch, sugar to taste, vanilla.

Boil until it is a thick custard, pour it in a pan and bake until done. Make a meringue of the whites and a tablespoonfull of sugar to each egg, flavoring with vanilla; spread over the top and brown. —Mrs. W. E. Bare

:o:

CHEAP PLUM PUDDING (And good)

Two cups stale bread crumbs (I run through meat grinder), one cup molasses, one-half cup beef suet, (I run through meat grinder), one-half cup flour with one-fourth teaspoon soda, one egg, one cup sweet milk, one cup chopped raisins, one teaspoon cinnamon, one-half teaspoon each of cloves and nutmeg. Mix carefully, grease top of double boiler, have water under boiling put pudding in greased boiler and let cook slowly for three hrs. Use double boiler, cover and keep covered until done. Serve with hard or wine sauce.

—Mrs. C. E. Bowron

:o:

PLUM PUDDING

One-fourth pd. suet, one-half cup molasses, one and one-half cup milk, one teaspoon baking powder, one-half pd. raisins, spices to taste. Mix thoroughly and place in covered tins and boil or steam two or three hours.

—Helen Going

:o:

CUSTARD (For Pie or Pudding)

Sweet milk, one pt; three eggs; two-thirds cup sugar. Cook in double boiler and cool. —Hazel Piersol

:o:

PEACH PUDDING

Take one small cup of tapioco and four cups of boiling water, cook until tapioco is transparent. Then add one and one-half cups of granulated sugar, set aside to cool. Drain the syrup from a can of peaches and place them in a large glass bowl. Pour over this the tapioco and when cold cover with whipped cream and serve. —Mrs. Hines

PUDDINGS (Continued)

APPLE PUDDING

Six or eight apples (depending on size of family), sugar, bread crumbs, one-fourth pound oleomargarine. Make apple sauce in the regular way. Pound your bread crumbs very fine and put in a skillet, together with the oleo, frying until a delicate brown. Remove and fill a baking dish with alternate layers of the breadcrumbs and applesauce, finishing with a layer of the breadcrumbs dotted with a little sugar and butter. Bake in the oven until a delicate brown. This pudding should be served with cream. —Mrs. H. E. Hall

TAPIOCO PUDDING

One quart sweet milk, one-half teaspoon salt, let come to a boil, add three tablespoons tapioco, boil 10 minutes, yolks four eggs, three-fourths cup sugar, two teaspoons cornstarch, beat all together, add to milk and tapioco, stir and cook, remove from fire, add one teaspoon vanilla, use whites of eggs for meringue and brown; serve with whipped cream. —Mrs. J. E. Westbrooks

DATE NUT PUDDING

Two eggs, two tablespoons flour, one teaspoon baking powder, one cup chopped nuts (walnuts), one cup chopped dates, three-fourths cup sugar. Beat eggs and add sugar; sift flour and baking powder together; add walnuts and dates. Mix all thoroughly. Sprinkle with cinnamon in a greased pan. Bake about 30 or 40 minutes in a slow oven. Try with a straw. Serve with whipped cream. —Mrs. J. W. Johnston

BREAD PUDDING

Break pieces of stale bread into baking dish and cover with milk to which has been added one egg and one-half cup sugar, a cup of raisins and favorite flavoring. —Hazel C. Piersol

COCOANUT PUDDING

One lb. sugar, one lb. cocoanut, one-half lb. butter, eight eggs, essence of lemon. Rub the butter and sugar together until very light; after beating the yolks very hard add them to the sugar and butter, then the cocoanut and the well beaten whites of the eggs. —Mrs. W. E. Bare

PUDDINGS (Continued)

PINEAPPLE PUDDING

Two and three-quarter cups scalded milk, one-fourth teaspoon salt, one-third cup corn starch, one-half can grated pineapple (large), whites three eggs, little cold milk. Mix corn starch, sugar and salt, dilute with cold milk, add to scalded milk stirring constantly until mixture thickens, afterwards occasionally. Cook fifteen minutes. Add pineapple and mix thoroughly, then fold in egg whites fill individual molds, previously dipped in cold water.

Serve with Sauce or whipped cream. —Mrs. Pilgreen

:o:

DATE NUT PUDDING

Two eggs, two tablespoons flour, one teaspoon baking powder, one cup chopped nuts, one cup chopped dates, three-fourths cup sugar. Beat eggs well, add sugar, sift flour and baking powder, add them when smooth, add nuts and dates, turn into greased dish. Bake in slow oven 30 or 40 minutes.

Serve with Sauce or whipped cream. —Mrs. Pilgreen

:o:

"BROWN BETTY"

Cut into thin slices several large apples; have ready a buttered pudding dish; put into this a layer of grated bread crumbs, then a layer of sliced apples, over these sprinkle sugar, and dots of butter; alternate bread, apples, sugar and butter until the dish is full, letting the top layer be of crumbs, on this place three large lumps of butter; put into the oven and bake brown. Serve hot with sauce. —Mrs. J. W. Johnston

:o:

DATE NUT PUDDING

Two eggs, three-fourths cup sugar, three tablespoons flour, one teaspoon baking powder, one cup of dates, cut up, one cup nuts cut up, nutmeg. Cream sugar and eggs, add flour and baking powder, nuts, dates and mix. Pour in greased pan and bake about one-half hour in slow oven. Very rich.

—Helen Going

PUDDINGS (Continued)

PINEAPPLE PUDDING

One cup sugar, one scant half cup butter, creamed together and two whole eggs well beaten, two-thirds cup milk or water, flour enough to drop from spoon two teaspoons baking powder. Take the baking pan, in it put a half cup butter, put over fire and melt, add to it one cup dark brown sugar, let melt and add one cup grated pineapple, from which the liquor has been drained, then take from fire and pour the cake batter over all, place in oven and bake slowly for about one hour, when done, turn out on a plate and make a sauce as follows:—One scant spoonfull flour, one-half cup sugar, one egg, lump of butter and the liquor from the can of pineapple, boil till thick, cool and serve on slices of pudding. —Elizabeth Arbaugh

SAUCES FOR PUDDINGS

HARD SAUCE

One-half cup butter, two cups powdered sugar, one teaspoon vanilla or sherry or whiskey. Cream butter until very light, add sugar, beat thoroughly, then add flavoring and lastly add beaten whites of two eggs, or a whole egg, thoroughly beaten. —Mrs. C. E. Bowron

———:o:———

WINE SAUCE

One teaspoonful butter, one-half tumblerful wine, two teacupfuls sugar, one tablespoonful flour, one-half tumblerful boiling water. Stir the butter, sugar and flour together, put into a stewpan and stir in the boiling water. Let it simmer a minute or two and add the wine. Serve in a sauce-tureen and grate nutmeg over it. If preferred use less water and more wine.

—Mrs. W. E. Bare

———:o:———

WINE SAUCE

Two cups sugar, one tablespoons cornstarch mixed with sugar, one and three-quarter cups boiling water, one-half cup wine, one tablespoon butter; mix carefully, cook in double boiler until smooth and thick, serve hot. (Use flour if preferred.) —Mrs. C. E. Bowron

———:o:———

SAUCE FOR PUDDINGS

One-half cup butter, one cup powdered sugar, two tablespoons wine, one-half cup boiling water, one egg white beaten stiff, flavor to taste, cream butter and sugar, add wine and flavoring. Just before serving add boiling water, stir well, then add whites beat all into foam and serve at once.

—Mrs. C. E. Bowron

SAUCES FOR PUDDINGS (Continued)

COCOANUT SAUCE

Two tablespoons butter, one cup sugar, one tablespoon flour, milk of one cocoanut with a small piece grated. —Mrs. J. W. Johnston

:o:

PUDDING SAUCE

One egg, one cup fine sugar, a little butter, beaten very lightly, pour over this boiling water until the consistency of cream.

—Mrs. J. W. Johnston

INVALID COOKERY

TAPIOCO CREAM

Two teaspoons instant tapioco, one-half cup milk, one egg, pinch of salt, one tablespoon sugar, one-half teaspoon vanilla. Cook tapioco and milk in double boiler until clear. Add beaten egg yolk, salt and sugar. Cook until thick. Cool and flavor. Add beaten whites, serve cold. —Mrs. C. E. Bowron

———:o:———

BEEF TEA

Chop very fine one lb. lean beef round. Cover with one-half pint cold water. Stand in cool place one hour. Set over hot water, stir until liquid begins to turn color. Strain; add pinch of salt. To reheat, set cup in pan of hot water. —Mrs. C. E. Bowron

———:o:———

OATMEAL GRUEL

Four tablespoons oatmeal, one-half teaspoon salt, one and one-half cups boiling water. Add salt to water, stir in oatmeal, cook 10 minutes over slow direct heat, stirring to prevent sticking. Place in double boiler and cook one hour. Strain; add milk if desired. Reheat and serve; a little nutmeg may be grated in if liked. —Mrs. C. E. Bowron

———:o:———

BEEF TEA

Take a small piece of loin steak, broil without burning on one side. Have a bowl containing about a qt. of hot water on the back of the stove or where it will keep hot. When the steak has been broiled on one side, dip into this water and press with a spoon to extract as much juice as possible. Broil again and repeat as before until water looks like wine. A teaspoonful of wine or a little salt and pepper may be added. (Dr. Chase) —Hazel C. Piersol

INVALID COOKERY (Continued)

EGG CREAM

Two eggs, two level tablespoons sugar, two tablespoons water, grated rind and juice of half a lemon. Separate white and yolks of eggs, and beat yolks with sugar till well blended; add lemon juice, rind and water, and cook in a double boiler, stirring constantly until the mixture begins to thicken. Add whites after beaten thick and cook till mixture resembles thick cream. Cool and serve. —Mrs. J. W. Johnston

———:o:———

BEEF CAKES

One-fourth pound very lean round steak, salt and pepper. Toast. Cut the meat into strips, remove every particle of fat, and scrape from the fibre of meat. Season lightly. Form into small cakes and broil about two minutes. Serve on rounds of buttered Toast.

PHONE

PATTON-POPE
DRUG COMPANY

—FOR—

DRUG SERVICE
MAIN 141

COMPLIMENTS

PEOPLES
COAL COMPANY

INDEPENDENT

BIRMINGHAM
LAUNDRY COMPANY

NOT IN THE TRUST
213-215 North 22nd Street
MAIN 164

NOBLE

CLEANER

DYER

304 N. 20th Street Hemlock 3141

PHONE MAIN 6934

DE LUXE
STUDIO

1918½ Second Avenue
Birmingham, Alabama

HIGH GRADE PHOTOGRAPHS

BROWNELL
AUTO COMPANY, Inc.

Dealers In
DODGE BROTHERS
Motor Vehicles

Birmingham, Alabama

DR. J. C. BELDING, D. C.

KEEP
SMILING
Phone W. E.-1128-J
P. O. Box 1164
Birmingham, Alabama

COMPLIMENTS

FULLER
BRUSH
CO.

JAS. A. GOING
REAL ESTATE AND
INSURANCE CO.

311-313 Farley Bldg.

Birmingham, Alabama

PARKER'S
DRUG COMPANY

"Purity at Parkers"
DRUGS
and
FLOWERS

Birmingham, Alabama

BIRMINGHAM
PAINT AND GLASS CO.

Pratt and Lambert
"61" FLOOR VARNISH

LU CO FLAT WALL PAINT

2021 4th Ave. MAIN 147

THE

PLUMBING-SERVICE

COMPANY

PLUMBING
and
HEATING

Birmingham, Ala.

PHONE MAIN 8587

WALKER
ELECTRIC CO.

"The House of Service"

107 North 21st Street

ALLEN
SILK SHOP
The Home Of
SMART SILKS

THE NEW SILKS FIRST

315 North 20th Street
Next to Augusta Friedman's

Compliments of

A

FRIEND

FOR AWNINGS

SEE

BIRMINGHAM
AWNING AND TENT WORKS

DRINKS

MULLED GRAPE JUICE

To one pint of grape juice add one cup water and half a cup of cassia buds or several pieces of stick cinnamon. Heat in double boiler half an hour. Strain and serve very hot as first course in luncheon.

—Mrs. H. J. Mead

——:o:——

GRAPE JUICE LEMONADE

Four lemons, one pint grape juice, two pints water, one cup sugar. Mix well and serve with crushed ice. Garnish with half lemon slice.

—Mrs. J. W. Johnston

——:o:——

SYLABUB

One qt. cream, one tumblerful good wine, one-half lb. sugar. Churn or whip to a stiff froth.

—Mrs. W. E. Bare

——:o:——

BLACKBERRY SHRUB

Four oz. tartaric acid to three pints of cold water; pour over one gal. berries. Let stand twenty-four hours; strain and to one pint of juice put one and one-half lbs. sugar. Boil three minutes. Do not stir. Let stand with skum on it for fifteen minutes and then skim. Leave open for three days; put in jars or bottles and seal. A delicious drink in hot weather. Add two or three tablespoons to a glass of ice water.

—Mrs. Pill

CANDY

CHOCOLATE FUDGE

Two cups sugar, two squares chocolate, one-half cup syrup, one-fourth teaspoon salt, one-half cup milk, one teaspoon vanilla.

Cook together sugar, chocolate syrup, salt and milk until it forms a soft ball when dropped in cold water. Set aside until cool. Add vanilla and beat until it creams. Pour into oiled pan and cut in squares. Cocoa may be substituted for chocolate using six level teaspoons. —Mrs. McCreery

:o:

DIVINITY FUDGE

Two cups white sugar, three-fourths cups of White Karo Syrup, one-fourth cup hot water. Boil until it will thread when spoon is dipped in. Then add one-half cup nuts and the stiffly beaten whites of two eggs. Stir until it begins to harden then pour into buttered tin. —Mrs. Fred V. Parker

:o:

DATE LOAF

Three cups sugar, one and one-half cups sweet milk, one pkg. dates, (chopped fine), butter size of a walnut, pinch of salt, one cup nuts, (chopped).

Let sugar and milk come to a boil, then add dates, butter and salt. Stir constantly until done enough to form a firm soft ball when dropped in cold water. Remove from fire. Add nuts and beat untill stiff enough to form into a loaf in buttered pan. This is fine. —Mrs. Pill

:o:

COCOANUT FUDGE

Mix three cupfuls of light brown sugar with enough cream to mix well, then cook till it boils. Add a pinch of soda and salt. Later put in butter size of a hen egg and a box of cocoanut. Add one teaspoon of vanilla just before taking off. Take off before quite done; beat until stiff and pour into dish. —Mrs. Pill

CANDY (Continued)

NEW MEXICO CANDY

One and one-half cups sugar, one and one-half cups cream, two cups maple syrup, pinch salt; cook all together until it forms a soft ball in water, add one-half lbs. chopped pecans, (or any nuts), beat until creamy. Put in buttered pan and when cold cut in squares. —Mrs. C. E. Bowron

:o:

COCOANUT DROPS

One and one-quarter lb. cocoanut, one lb. sugar, one lemon, juice and grate, whites of three eggs. Drop in spoonfuls on buttered paper. Bake quickly. —Mrs. W. E. Bare

:o:

AFTER DINNER MINTS

One cup confectioners sugar, one tablespoon cream, one teaspoon spearmint extract; mix together until smooth and creamy; sift about one-half cup of cornstarch over board or sheet of waxed paper, roll out to about a half inch in thickness, mark and break apart when dry. —Mrs. Fred V. Parker

:o:

DIVINITY

Two and one-half cups sugar, one-eighth cup carnation milk, two egg whites, one-half cup white Karo Syrup, one-third cup water.

Mix the milk and water thoroughly, add the syrup and sugar. Place over fire and stir until the mixture begins to boil. Boil until it forms a hard ball when tested in cold water. Remove from fire and let stand while beating the egg whites, beat the eggs very stiff. Pour the syrup slowly over the beaten whites beating constantly. Drop by spoonsful on a buttered plate or pour into pan and mark off into squares. Chopped nuts may be added if desired. —Mrs. L. M. Vickery

:o:

DIVINITY

Take two cups white sugar, one-half cup Karo syrup, (dark), one-half cup water, boil together until a small amount dropped into cold water will harden when cool, have ready beaten the whites of two eggs and pour the cooked syrup into them very slowly, beating constantly and continue until you can form into balls, or put out in any desired shape. —Mrs. W. F. Cahoon

CANDY (Continued)

WALNUT KISSES

One cup maple syrup, one-fourth cup cold water, one-half cup granulated sugar, one egg white, one cup nuts. Boil syrup sugar and water until it forms a firm ball in cold water. Do not stir while cooking. Beat egg white stiff. Pour sugar slowly on egg and beat. Add nuts and drop on a buttered plate.

—Mrs. Pill

———:o:———

CHOCOLATE CANDY

Two cups sugar, one-fourth cup can syrup, one-half cup cream. Boil till forms into soft ball when dropped in water; add lump of butter size walnut. Beat till thick enough to pour onto greased pan or plate. When slightly cool cut in squares. Nuts or raisins may be added if desired.

—Hazel C. Piersol

———:o:———

PRALINES

One and seven-eighths cups powdered sugar, one cup maple syrup, one-half cup carnation milk, two cups pecan meats cut in pieces, pinch of salt.

Boil the first three ingredients until a soft ball is formed when tested in cold water, take from fire and beat until thick and creamy. Add the nuts and when cool enough to shape, drop by spoonfuls, forming small piles of the mixture on a buttered paper.

—Mrs. Vickery

———:o:———

DATE LOAF CANDY

Five cups of sugar, one package of dates, (chopped and seeded), one cup chopped nuts, any kind, one small can cream, (Pets Milk), one tablespoon butter. Cook sugar and milk to boil, add dates, cook until can form a hard ball in cold water; then beat until hard, add nuts, butter, pinch of salt. When hard enough make in long loaf. Slice in dice shape for serving.

—Mrs. Pilgreen

———:o:———

STUFFED MARSHMALLOWS

Cut marshmallows in halves and fill with nut meats.

—Mrs. McKenzie

CANDY (Continued)

CANDY PUDDING

Two cups sugar, one cup water, one-half teaspoon cream tartar, boil until it will thread from a fork, cool and beat until creamy, flavor with vanilla and knead in the following: one-half cup chopped raisins, nuts and figs. Mold and slice. —Mrs. Riley

———:o:———

PECAN FUDGE

Two cups sugar, one cup milk, one cup grated chocolate, one cup pecans, butter size of an egg, one teaspoon vanilla. Boil 20 minutes and beat until cool. Pour into a well buttered dish and cut into squares.
—Mrs. J. W. Johnston

———:o:———

PEANUT BUTTER FUDGE

Three cups sugar, three-fourths cup sweet milk, four tablespoons peanut butter. Boil five minutes, remove from stove and beat until thick. Pour into buttered dish and cut in squares. —Mrs. J. W. Johnston

———:o:———

CARAMELS

Two cups brown sugar, one cup cream or very rich milk, three tablespoons butter, one-half cup chocolate. Let cook until thick, add butter and chocolate last. Remove from fire and beat a long time before pouring out in greased pan. —Mrs. C. E. Bowron

———:o:———

COCOANUT CREAM CANDY

One cocoanut, milk and meat, one and one-half lbs. sugar, (about three cups.) Put on sugar with milk from cocoanut; after it boils ten minutes, add grated cocoanut and cook five minutes. Beat until cold. Pour on greased marble and cut in squares. —Mrs. C. E. Bowron

RELISHES

LEMON CHIPS

Two qts. water melon rind, peel and cut in squares, one qt. sugar, two lemons sliced, put sugar and a little water, let come to a boil, put in rind and lemon, cook until clear and can pierce with fork. Do not soak rind before cooking. —Mrs. J. E. Westbrooks

———:o:———

PINEAPPLE MARMALADE

Pare and cut into convenient shape fresh fruit. Put thru a meat chopper, using coarsest knife; to each pound of fruit use one-half pound of sugar, and cook until as thick as desired. Put into containers. There will be sufficient juice, so no water is needed. —Mrs. W. F. Cahoon

———:o:———

GRAPE JELLY

Pick over the fruit carefully; put in a preserving kettle, covering with water. Let come to a boil. Remove and place in a jelly bag previously wrung out of cold water. Let drip all night. Take juice and measure, then place in kettle mixed with sugar; pound of sugar to a pint of juice. Let boil real hard until when tested it jellies. Pour into glasses at once.

—Mrs. J. W. Johnston

———:o:———

QUINCE AND APPLE JELLY

One third quince and two-thirds apples; pare and quarter; cook in water to cover; cook till soft; then pour in strainer bag, hang up and leave over night; then take equal amount sugar and juice; boil fifteen minutes or until it jellies. —Elizabeth Arbaugh

RELISHES (Continued)

WILD CRAB APPLE JELLY

Cut apples into small pieces; cover with water; boil until very soft, adding more water so that fruit will be covered when cooked. Strain, add a cup of sugar to one of juice; boil and skin, continue boiling until a sample cooled is found to be jelly. Fine for meats. —Mrs. W. F. Cahoon

———:o:———

TOMATO CATSUP

One gal. strained tomatoes, one qt. vinegar, three spoons black pepper, three spoons mustard, three spoons salt, one spoon red pepper, one spoon cloves, one spoon cinnamon, three cups brown sugar, one-half spoon celery seed. This is very hot. —Mrs. McKenzie

———:o:———

CHERRY PRESERVES

One qt. sugar enough water to dissolve. Let come to a boil; add one qt. of cherries; cook twenty minutes. —Mrs. McKenzie

———:o:———

STRAWBERRY JAM

Take equal parts of strawberries and sugar; after berries have been picked and washed; mix and let come to a boil. —Mrs. J. W. Johnston

———:o:———

CRAB APPLE JELLY

Wash and boil apples in enough water to cover. Place in jelly bag and drain. Two cups juice, one cup sugar; Boil till it congeals, when tested in spoon.
—Hazel Piersol

———:o:———

SPICED FRUIT

Six cups brown sugar to one qt. vinegar, one teaspoon each cloves, cinnamon and allspice; boil and skim. Put in fruit and boil until tender. Jar hot.
—Mrs. C. E. Bowron

RELISHES (Continued)

CRISP CUCUMBER PICKLES

Wash cucumbers and lay them in a crock jar. Make a strong brine by dissolving fine cooking salt in boiling water and pouring over cucumbers while hot. Cover and let stand twenty-four hours, then pour off the brine. Put cucumbers in a pickle jar with layers of mixed spices between, and pour over them enough vinegar brought to a boiling point, to cover them. They will be ready for eating in a few days. —Mrs. J. W. Johnston

———:o:———

PICCALILLI

Green tomatoes one pk, one large cabbage, one doz. onions chop fine and put on salt to taste or about one-half pt. let stand over night, drain off brine and scald in weak vinegar, now add six large green peppers which have had seeds removed and chopped fine, one-half pt. grated horse-radish, season with two tablespoons whole mustard seed, and two packages of pickling spice and can. If more vinegar is needed add enough while hot to make sufficient moisture to can easily. —Hazel C. Piersol

———:o:———

SWEET PEPPER PICKLES

Twelve red peppers, twelve green peppers, fifteen medium sized onions, one bunch celery, one and one-half cups sugar, two level tablespoons salt, one level tablespoon celery seed, one level teaspoon mixed spices, one quart and one cup vinegar. Chop and cover with boiling water ten minutes, drain cover again with boiling water let stand twenty minutes, drain, add vinegar, spices etc. Let boil fifteen minutes then put in jars and seal.

—Mrs. Fred V. Parker

———:o:———

SPANISH PICCALILLI

One-half peck green tomatoes, eight large onions, one red sweet pepper. Chop and let stand over night with a cup of salt added. Drain and add two pds. of brown sugar, one qt. of vinegar, cayenne and bag of mixed spices. Cook rapidly about twenty minutes after it begins to boil and seal tight in jars.

—Helen Going

RELISHES (Continued)

CHILI SAUCE

One gallon tomato pulp and juice, one qt. onions (after being chopped fine) one doz. sweet green peppers, one qt. vinegar, three cups sugar, one tablespoon salt, one teaspoon allspice, one teaspoon of cloves, one teaspoon cinnamon. Mix all and cook slowly till onions and peppers are well done. Seal. —Hazel C. Piersol

TOMATO KETCHUP

One pk. tomatoes, two pieces horse-radish, two cups chopped onions; boil and strain, then add two green chili peppers (take out seeds) (leave horse-radish whole, take out when ketchup is done), one teaspoon each ginger, mustard and celery seeds, one grated nutmeg, one tablespoon whole cloves (tie in bag), one cup sugar, one pint cider vinegar, salt to taste; boil all together until thick enough to bottle. —Mrs. C. E. Bowron

PEPPER RELISH

One doz. red peppers (sweet peppers), one doz. green peppers, fifteen medium size onions. Remove all stems and seeds and put through food chopper. Pour boiling water on this and let stand ten minutes; drain well. Add three cups vinegar, one and one-half cups sugar, two tablespoons salt. Boil for ten minutes, seal in small jars. —Mrs. C. E. Bowron

BEET RELISH

One quart cooked beets (chopped), one quart cabbage (chopped), one cup horse-radish, one teaspoon black pepper, one tablespoon salt, one cup brown sugar. Heat vinegar and pour over. Let cool and seal. —Elizabeth Arbaugh

CHILLI SAUCE

Twenty-six good sized ripe tomatoes, two onions, five peppers, chop each separately; then mix all together, then add two tablespoons salt, twelve teaspoons sugar, two teaspoons ginger two teaspoons cinnamon, one teaspoon cloves, one teaspoon allspice, one nutmeg grated, two cups vinegar; stir all together and boil gently three hours. —Mrs. J. W. Johnston

RELISHES (Continued)

CHILI SAUCE

Twenty-six good sized red tomatoes, two onions five bell peppers, one caper, two tablespons salt, twelve teaspoons sugar, two teaspoons ginger, two teaspoons cinnamon, one teaspoon cloves, one teaspoon allspice, one nutmeg, two cups vinegar. Boil gently for three hours or until thick and seal tightly. —Helen Going

:o:

PEPPER HASH

Twelve bell peppers, seven red peppers, take out seed, twelve onions, six or eight little hot green peppers, all chopped fine or run through chopper, cover with boiling water, simmer fifteen minutes, drain and add one pt. vinegar, one cup brown sugar, one tablespoon celery seed, two teaspoons salt, boil fifteen minutes and bottle. —Mrs. J. E. Westbrooks

:o:

MIXED PICKLES

Two quarts each of cauliflower, green tomatoes, small onions, green cucumbers, bell peppers; chop all, mix together and pour hot salt water over and let stand four or five hours, drain and cook in weak vinegar. Heat one quart of best cider vinegar, three lbs. sugar and one-half cup spices; pour over chopped pickles and can up. —Elizabeth Arbaugh

:o:

UNCOOKED CHILI

One peck of ripe tomatoes, skinned, six green bell peppers, ten hot peppers, seed out of all but one, five large onions, grind all in chopper; add one teacup of salt; put in bag and drain over night. Next day add one quart vinegar, one pt. of sugar, four teaspoons celery seed, four teaspoons whole white mustard seed; put in large jar with thin cloth over top and don't seal anytime. Keep in cool place. Serve in about two weeks. —Mrs. Pilgreen

HOUSEHOLD HINTS

When soup or anything of that kind is too salty drop in a piece of potato or toasted bread for a few minutes, that will absorb the salt.
—Mrs. Fred V. Parker

In warm weather meats may be freshened by washing in cold soda water before cooking. —Mrs. Fred V. Parker

To remove hot dish marks from table—rub spots well with soft cloth dipped in alcohol, quickly wash with clean water and dry. —Helen Going

Scratch Furniture—Get meat from black walnut, peel brown skin off; with white meat rub scratched place; let stand 10 or 15 minutes and polish.
—Helen Going

To keep raisins from going to bottom of your cake roll in butter before stirring into the batter. —Mrs. Riley

To remove chewing gum from cloths, take a piece of ice and hold over the gum for a few minutes; then brush off the gum. —Mrs. C. A. Riley

A small spoonful of corn starch will greatly improve the texture and flavor of your fudge. —Mrs. Riley

Dip your broom into hot soapy water every week it will lengthen the life of the broom and your carpets will wear longer.

A mustard plaster made with white of an egg will not blister.
—Mrs. McKenzie

A half teaspoonful of lime in the water in which potatoes are cooked makes them mealy. —Mrs. McKenzie

When suede shoes become soiled, rub with steel wool. —Mrs. McKenzie

Prunes stewed with a few senna leaves, makes a good laxative.
—Mrs. McKenzie

Spread newspapers on working table before baking, preparing the meal or other work. It catches all waste and can be rolled up and put in garbage can, saves washing the table, scrubbing the garbage can and saves yourself.

Place hooks or nails in convenient places in the kitchen for all kinds of kitchen articles; have a place for everythng and always put it there when through using it. —Elizabeth Arbaugh

To remove stains—Saturate the spot with kerosene then wash. Iodine—Wash with alcohol, then rinse in soapy water. Iron Rust—Soak the stain in lemon juice, sprinkle with salt and bleach for several hours in the sun, repeat if necessary. Ink Stains—Wash the spots in strong vinegar, or wet with spirits of turpentine, or soak in sour milk and after 3 hours, wash in hot water. —Mrs. C. E. Bowron

HOUSEHOLD HINTS (Continued)

Silverware to brighten or silver cloth—2 oz. of carbonate of ammonia powdered or broken up finely boiled in 1 pint of soft water. Dip suitable pieces of muslin in the liquor and hang up to dry without wringing, when dry fold closely and put away for use. Simply rubbing the silver with one of these pieces will surprise you by its improved appearance. Never use soap on silver. (Dr. Chase) —Hazel C. Piersol

To take ink out linen—Dip the spots in hot tallow, then wash out the tallow. The ink will disappear with it. —Mrs. Pill

5. To remove ink from rugs soak rug in sweet milk and go over the spot.
6. For a burn or scald use a little wet baking soda.
7. To whiten clothes put one tablespoon of turpentine in each boiler of water.
8. For a bee sting or bite of a poisonus reptile make a poultrice of red clay and coal oil and bind on the affected parts. —Mrs. J. W. Johnston

Tell the cook—To rub tough meat with lemon. To try dipping sliced onions in milk before frying. That a sqeeze of lemon improves scramble eggs and it should be added while they are cooking. That fresh eggs taken from the shell and boiled in a half pint sweet milk or cream, and seasoned with pepper and salt for a delicious breakfast dish. They should cook only two minutes in the boiling milk. —Mrs. Pill

Cleaning chimneys and stovepipes—A piece of zinc put on the live coals in the stove will clean the stove pipe.

Oxalic-acid solution, buttermilk or vinegar dissolve the tarnish on copper, brass or bronze.

If white linen is put away for a time, it should be rolled in blue paper, which prevents it from becoming yellow.

Cleaning window shades—White window shades may be cleaned with magnesia. Spread a sheet on the floor, unroll the shade and with a soft cloth scrub the shade with magnesia and water. After treating one side, turn the shade over and clean it in the same way. This method removes the dirt very satisfactorily and renews the shade at a cost of about ten cents.

White marks on furniture may be removed by turpentine or kerosene.

To make meat tender—Put it in a strong vinegar water for a few minutes.

Poaching eggs—A teaspoonful of vinegar in water in which eggs are poached keeps the whites from spreading and makes the whites cook over the yolk.

To prevent rings—When cleaning with gasoline, to prevent rings or circles, add a little salt to the gasoline.

Black lace of all kinds may be cleaned with alcohol or sponged with borax water.

Cleaning velvets, velveteens and plush: The materials must be thoroughly brushed. Then they should be sponged with a weak solution of borax or benzine. When very much soiled they can be dipped in benzine.

When cutting fresh bread or angel food, dip knife in hot water and dry. —Mrs. C. E. Bowron

Brush screens with kerosene to keep flies out. —Mrs. C. E. Bowron

HOUSEHOLD HINTS (Continued)

To remove pecan nut meats without breaking, pour boiling water over nuts and let stand until cold; then strike on the small end of the nut.
—Mrs. C. E. Bowron

Remove the stains from vinegar cruet by filling with grated raw potato and allowing it to stand, rinse with cold water. —Mrs. C. E. Bowron

If you happen to scorch your linen, saturate a rag in Peroxide of Hydrogen, rub briskly. The stain will disappear. —Mrs. C. E. Bowron

Before trying to break a cocoanut, put it in the oven to warm. When heated a slight blow will crack it and the shell will come off easily.
—Mrs. W. E. Bare

To prevent staining your fingers while paring potatoes keep the potatoes in cold water. —Mrs. W. E. Bare

Gruels are more tempting to the sick if whipped to a froth with an egg beater before serving in a pretty cup. —Mrs. W. E. Bare

When a recipe calls for sugar and flour, instead of moistening the flour with water or milk, stir flour and sugar together in the dry state. Then no lumps will be seen. —Mrs. W. E. Bare

To keep cheese moist, wrap it in a soft cloth wrung out of vinegar and keep in an earthen jar, with the cover slightly raised. —Mrs. W. E. Bare

In making mayonnaise, using vinegar, which has been poured out of pickles, beets or cucumbers, instead of fresh vinegar, adds a pleasant flavor to salads. —Mrs. W. E. Bare

When beating eggs separately, beat the white first, then "steal" a little bit of it to start the yolks. The result is the yolks will not stick to the beater, as is generally the case, and they will get twice as quickly.
—Mrs. W. E. Bare

Save all paraffin paper from cracker boxes and cut it up to fit cake tins. After a pan is greased, put a sheet of paper in the bottom and it keeps the cake from sticking to the pan. It is better to let the paper stay on the cake after it is baked, until it is cold, unless frosting is to be used.
—Mrs. W. E. Bare

To remove iron rust stains—Dip the spot in hot lemon juice.
—Mrs. W. E. Bare

When making fudge, stir in a half pound of marshmallows before you turn it into the tin to cool. They melt immediately and make the candy as smooth and creamy as can be. —Mrs. Pill

When your lenoleum or congoleum fades and shows wear, give it a coat of good deck or porch paint, that will harmonize with your wood work, and see what a pleasing effect you will have. —Mrs. W. F. Cahoon

1. When raisins are dry, steam them.
2. To freshen stale bread, biscuit or cake, dip in cold water for an instant, then put into a hot oven for 10 minutes.
3. To make starch clothes iron easily, add a pinch of salt to your starch.
4. To remove fresh paint from floors, cover with vinegar and wipe up with a cloth, repeat if necessary, using a clean cloth.

HELPS TO MOTHERS

When baby's skin is tender and he is bothered with prickly heat or chafing, substitute bran for soap when bathing him. Make a bag of very thin material and fill it loosely with the bran. Soak the bag in the bath water and squeeze it until the water becomes milky.

An ordinary dining chair, raised five inches from the floor by screwing a door-stop or bumper, in the bottom of each leg provides a suitable chair for a small child who has outgrown his high chair.

A tea wagon will be found very useful when used to hold the baby's bath articles. As it can be wheeled from the nursery to the bath and save many steps.

A dress shield makes a practical foundation for a baby's bib. The covering may be as dainty as desired and tacked to edges of the shield may be removed and washed when necessary.

If your little girl is bashful about saying speeches, try using a small box for a stage and play "saying speeches", you stand on the box and say your speech and you will find that the child will do it after you. Play this way at home until she is used to hearing her own voice and she will gradually get over her bashfulness.

When baby is learning to sit alone an automobile tire will save her many a bump. Place the tire on the floor with a pad in the center and cover with a blanket or quilt. Tuck the edges of the cover under the tire and when she falls over she will get a soft bump that will not hurt.

Worn linen table cloths make excellent and also very pretty towels for baby if cut the desired size and hemstitched. They are soft and absorbent and do not irritate the skin.

——:o:——

There are many games for little tots that serve as excellent exercise and strengthen the weak muscles. For instance certain forms of swinging strengthen the back. Stooping with the hands on the hips, keeping the upper part of the body erect and walking with short steps strengthen the abdominal muscles.

Playing pony and stepping high bringing the knees up to the chest will help to correct the protruding abdomen. The barefoot toe exercise will strengthen the foot muscles.

Then we all know about the Giant and the Dwarf, stretching as tall as you can on tiptoe and stooping as low as possible.

The toad hop is lots of fun for the two year olds. Place the hands upon the knees and jump with both feet. It is very amusing to watch the little toads hopping all around and giggling over it.

——:o:——

Asparagus is known to be an excellent vegetable for children expecially in the spring of the year when it is fresh. Cook it for about twenty minutes or until it is tender and then build a pen with it. Poach an egg and drop

HELPS TO MOTHERS (Continued)

in the middle. Season with salt, pepper and melted butter or if liked make a cream sauce and pour over all. The pen attracts the childs attention and she will eat it and enjoy it. Serve it with buttered toast and it will be a very nourishing and satisfying lunch.

Carrots are very good for children but there are many who refuse to eat them. Try disguising them by making a little ramekin. Use one cup of grated carrots, one-half cup of bread crumbs, two egg yolks, one-fourth cup of sugar, one-half cup of milk, and a pinch of salt. Cook in a double boiler and when thick fill the ramekins and brown. Make a meringue of the white of one egg, a tablespoon of sugar and a little flavoring and brown in the oven.

One can peas put through a grinder, one cup of bread crumbs, one teaspoon each of chopped parsley, celery, and onion, and one egg beaten and baked in little ramekins about twenty minutes makes an attractive dish for children.

A very small child can be amused for sometime stringing buttons. If you are busy darning or doing necessary sewing, the little girl or boy may be kept quiet and busy right by your side. Put a thread in a good sized needle and tie a knot in the double end. Run the needle through the hole in a button and then through the thread at the knot. Now give the child the button box and show him how to string the buttons and he will be amused for a long time. An older child will sew them onto a card for mother.

———:o:———

Lunch hints for school—(1) 1 chicken sandwich, one lettuce sandwich, one-third apple sauce, one cup cake, milk. (2) I bread and butter sandwich, 1 deviled egg, 1 radish sandwich, 1 apple, milk. (3) 1 bread and butter sandwich, 1 egg sandwich, apple and nut salad, 2 halves peaches, 2 cookies, milk. (4) 1 cheese sandwich, one tomato sandwich, potato salad, 1 piece fudge, milk. By Mrs. Pearl B. Crawford, Home Demonstration Agt., Jeff Cty.

HINTS TO MOTHERS

(Bureau of Child Hygiene Department of Health, Birmingham, Ala.)

Care of the New Born

Plenty of water. Before the milk flow is established give at least 8 oz. of boiled water in 24 hours. This water should be cooled to body temperature and given with a teaspoon. This prevents much of the baby's early loss in weight. It is especially important to give frequently during the summer months. After the baby has learned to nurse the breast well, water may be given in an easily cleaned bottle. Boil the bottle and nipple before using. A crying baby is often a thirsty baby.

Breast Feeding

Give breast for twenty minutes every three hours during the day and once at night. Alternate breasts. If baby weighs less than 5 pounds or seems feeble, give breast every two hours. After baby is 4 months old discontinue night feeding. Breast fed babies are not subject to bowel troubles as are bottle fed babies who are especially affected during the hot months. Hold the baby's bottle for him until he is able to hold it himself. Regularity in feeding is necessary for the best results.

Care of the Breasts

Wash the nipples with boiled cooled water before each nursing.

Hygiene of Nursing Mother

Mother should eat an abundant and appetizing but easily digested diet. Drink milk and water freely but avoid tea and coffee. Daily outdoor exercise, such as walking, is desirable, also additional rest and sleep. One good bowel movement daily is necessary for every nursing mother. If constipated, drink copiously of liquids and eat bran bread and cereals. Take drugs only on advice of your physician.

When to Wean

Illness of the mother rarely makes it necessary to take the baby from the breast. Ask your physician before you discontinue the breast feeding or if the breast milk seems scanty or the baby not satisfied. If possible nurse the baby till he is ten months old. And unless unavoidable do not wean during hot weather. However, babies should not be nursed longer than the first 18 months. If at any time your supply of breast milk is insufficient to satisfy the baby or to produce a gain of at least 4 ounces a week, consult your doctor. Your doctor's advice is much better than your neighbor's.

HINTS TO MOTHERS (Continued)

Bowel Movements

One stool in 36 hours to 4 or 5 in 24 hours may be within normal limits. Stools should be yellow and smooth, free from curds and lumps. In case of diarrhea give one teaspoonful of Castor Oil. Stop all food. Give plenty of boiled cooled water and get your doctor immediately.

Teething

If your baby is upset, do not attribute it lightly to teething but consult your doctor.

Medicines

No other medicine than an occasional dose of Castor Oil should be given except on the advice of your physician. Even castor oil should be given with moderation and not at regular intervals. Soothing syrups or paregoric should never be given unless prescribed by your doctor.

Weighing

The baby should be weighed at regular intervals, preferably once a week and in case the proper gain is not made prompt treatment may be instituted by your doctor.

Fresh Air

Babies should be accustomed to fresh air promptly after birth. Don't put on too many wraps or covers but see that the body and extremities are warm. The baby that does not have fresh air and sunshine will be pale and weak and will not grow normally. Keep flies and mosquitoes away by use of screens and mosquito netting. They carry disease. **Colitis comes from dirt.** Keep the baby's hands clean. Everything which comes in contact with the baby's mouth should be clean.

Clothing

Avoid over dressing. Dress and diaper are sufficient during the hot days. Tight bands and diapers must not be used. Rubber pants are irritating. Diapers once soiled must be boiled before being put on again. When removed from child immerse in water in a covered jar until washed and boiled.

Bathing

Give at least one tub bath daily. During hot weather a sponge with cool water to which baking soda has been added (1 teaspoon to a pint) will make the baby more comfortable. If your boy is not circumcised ask your doctor or nurse to retract the fore-skin and to show you how to keep the organ clean. Sterate of zinc is a good powder for an irritated skin.

Sleep

Let the baby sleep alone. Shield him from strong light in the day and accustom him to go to sleep in the dark at night.

Remember that it is easier, better and cheaper to prevent sickness than to cure disease. Should you wish further direction in regard to your baby's care, call your Public Health Nurse.

HINTS TO MOTHERS (Continued)

AT 15-16 MONTHS

Add well cooked and strained peas, spinach, carrots or turnip greens. Rub these through a fine sieve. Add macaroni and spaghetti, alternating with rice for dinner. Add small amount of baked potato, well riced. Add soft boiled egg (2-3 a week) best given in place of broth or beef juice at dinner. Add a small amount of butter on bread or potato. Stop straining the cereals. Two tablespoons equals 1 ounce.

PUT TO BED AT 7 O'CLOCK EVERY NIGHT

Feed baby regularly by the clock and give nothing but drinks of cool boiled water between meals.

———:o:———

AT 18 MONTHS

Breakfast at   o'clock

Juice of one sweet orange or pulp of 6 stewed prunes.
Cereal (Cream of Wheat, Oatmeal, Rice, Barley, Cornmeal or Grits.)
Milk, one glass. Stale bread, or toast, and butter.

Lunch at   o'clock

Milk, one glass. Stale bread, or toast, or plain crackers.

Dinner at   o'clock

Broth or minced or scraped beef, lamb, or chicken, or soft boiled egg. Boiled rice, or spaghetti, or macaroni, or baked potato. Stewed celery or stewed lettuce. Well cooked and strained peas, spinach or carrots. (Rub these through a fine sieve.) Stale bread, or toast, or plain cracker and butter. Milk, one glass. Cooked apple, or stewed without the skins, or prune jelly, if needed for constipation, or simple pudding i. e., rice, bread, tapioco, custard, junket, and blanc mange.

Supper at   o'clock

Cereal (as at breakfast) or bread and milk. Glass of milk. Stale bread, or toast, and butter. Cooked fruit, unless given at dinner.

CODDLED EGG

Place egg in boiling water. Cover tightly. Remove from fire and allow to stand for five minutes.

———:o:———

HOW TO MAKE MUSTARD PASTE FOR LITTLE BABIES

Use 1 tablespoonful of dry mustard for every 6 tablespoonsful of flour. Mix together. Add hot (not boiling) water sufficient to make a thick paste. Spread this between two thin soft cloths. Keep warm between hot plates. Apply to affected part. Watch skin. When reddened remove and apply sweet oil or olive oil.

For less tender skins use 1 tablespoonful of dry mustard for every 4 tablespoons of flour.

HINTS TO MOTHERS (Continued)

TO MAKE BARLEY WATER

BARLEY FLOUR—One rounded tablespoon.
Mix to paste with cold boiled water. Add one quart water and boil 30 minutes. Strain through boiled cheese-cloth. Add boiled water to make one quart.

TO MAKE OATMEAL WATER

OATMEAL—One rounded tablespoon. SALT—one-half teaspoon. WATER—One quart. Mix Oatmeal and salt. Have water boiling. Add oatmeal and salt slowly. Boil 3 hours. Add boiled water to make one quart. Strain through boiled cheese-cloth.

———:o:———

BUREAU OF CHILD HYGIENE DEPARTMENT OF HEALTH, BIRMINGHAM, ALA.

Directions for making Vegetable Broth for Babies

One-half pound round steak, one Irish potato, one carrot, one stalk celery, one-half tomato (peeled)—Cut in small pieces. One pint cold water. Cook slowly until half the original quantity and strain. Remove fat.

—Dr. John Simpson

DIET AT 12 MONTHS

Breakfast at o'clock

10 ounces of formula............use part of it on cereal.

One-third ounces of cereal cooked at least 4 hours and strained. (Cream of Wheat, Barley, Rice, Rolled Oats or Grits. Salt to taste.)

One piece of Zwieback or dry toast.

At o'clock

Give juice of orange, followed by bath. After bath give 10 ounces of formula and piece of Zwieback and put outdoors for a nap (Unless below 25 degrees F.)

Dinner at o'clock

Four ounces of broth (beef, lamb or chicken) with one-half tablespoon of well cooked rice or barley, or two ounces of beef juice, with Zwieback, dry toast or milk toast.

8-10 ounces of formula. Apple sauce, pulp of baked apple or junket. Keep awake after dinner until

Supper at o'clock

One-third ounces of cereal as at breakfast or dry bread and 10 ounces of formula............Zwieback if no bread given.

Two-third ounces of prune juice if stool is firm or constipated.

HINTS TO MOTHERS (Continued)

BREAKFAST

(1) Juice of one sweet orange, or pulp of six stewed prunes, or One ounce pineapple juice (fresh or bottled) or Apple sauce.
(2) A cereal such as oatmeal, farina, cream of wheat, hominy or rice, slightly sweetened or salted as preferred, with the addition of top milk (16 ounces of top) or soft boiled or poached egg with stale bread or toast.
(3) A glass of milk.

(NOTE) If constipated give the fruits one-half hour before breakfast with water; if not, they may be given during the forenoon. Milk and raw fruit juice must not be given at the same meal.

DINNER

(1) Broth or soup made of chicken, mutton or beef, thickened with arrowroot, split peas, rice, or with addition of the yolk of an egg or toast squares.
(2) Scraped beef or white meat of chicken or broiled fish (small amount) or mashed or baked Irish potatoes with fresh peas or spinach or carrots.
(3) Dessert: Apple sauce, baked apple, rice pudding, junket or custard.

Diet for Child from two to three years of age

(4) Dessert: custard, rice or bread or tapioco pudding, ice cream, (once a week), cornstarch pudding (chocolate or other flavor), stewed prunes or baked apple.
(5) Cup of milk.
(2) Stewed fruit: custard or a plain pudding; jam or jelly.

SUPPER

(1) A cereal or egg (if egg is not taken with breakfast) with stale bread or toast, or Bread and Milk, or bread and cocoa, or bread and custard.
(2) Stewed fruit.

Diet for Child from three to six years or Age

BREAKFAST

(1) Fruits: an orange, apple, pear or stewed prunes.
(2) Cereal: oatmeal, grits, rice or wheat preparations, well cooked, (from 1 to 2 hours) and salted, with thin cream and sugar, OR egg: soft boiled, poached, omelet or scrambled.
(3) Milk or cocoa (1 cup).

DINNER

(1) Soup: beef, chicken or mutton.
(2) Meat: chicken or beefsteak or roast beef or lamb chops or fish.
(3) Vegetables: spinach or carrots or string beans, peas, cauliflower tips, mashed potatoes beets or lettuce (without vinegar). Macaroni, spaghetti. Bread and butter—not fresh bread or rolls.

SUPPER

(1) Milk toast or graham crackers and milk, OR a thick soup, as pea or cream or celery with bread and butter, OR a cereal and thin cream with bread and butter.
(2) Stewed fruit: custard or a plain pudding: jam or pelly.

DO NOT EAT BETWEEN MEALS UNLESS IT BE PLAIN BREAD AND BUTTER OR MILK.